



Vernon-Verona-Sherrill

(B) V Cross Country

Coaches:

- Mike Dunne, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jul 3, 2023	Mon	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 6, 2023	Thu	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 10, 2023	Mon	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 11, 2023	Tue	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 13, 2023	Thu	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 17, 2023	Mon	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 18, 2023	Tue	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 20, 2023	Thu	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 24, 2023	Mon	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 25, 2023	Tue	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 27, 2023	Thu	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Jul 31, 2023	Mon	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Aug 1, 2023	Tue	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		
Aug 3, 2023	Thu	Practice	N/A	9:30 AM	11:00 AM	Middle School Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 8, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Track		
Aug 21, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 22, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 23, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 23, 2023	Wed	Practice	N/A	6:00 PM	7:00 PM	Track		
Aug 24, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary		
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 26, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary		
Aug 28, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 29, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 30, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary		
Aug 31, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	Track Field		
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary		
Sep 4, 2023	Mon	Practice	N/A	6:00 PM	7:30 PM	Verona Elementary		
Sep 5, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Sherrill Elementary		
Sep 6, 2023	Wed	Practice	N/A	6:00 AM	7:30 AM	Sherrill Elementary		
Sep 7, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 8, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 12, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 13, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 14, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 15, 2023	Fri	Regular Season (VVS Invitational)	Westmoreland	4:00 PM	8:30 PM	Cross Country Course		L
Sep 15, 2023	Fri	Regular Season (VVS Invite)	Tully	4:30 PM		Cross Country Course		NL
Sep 15, 2023	Fri	Regular Season (Invitational)	Homer	5:00 PM		Cross Country Course		L
Sep 15, 2023	Fri	Regular Season	Nottingham (Nottingham)	5:00 PM	7:00 PM	Cross Country Course		L
Sep 15, 2023	Fri	Regular Season (VVS Invitational)	Chittenango	5:00 PM	6:00 PM	Cross Country Course		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2023	Sat	Regular Season (VVS Cross Country Invitational)	Sherburne-Earlville	8:00 AM		Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season (Vernon-Verona-Sherrill Invitational)	Remsen (Remsen/Town of Webb)	8:30 AM		Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season (VVS Invitational)	Notre Dame, Utica	8:30 AM	12:00 PM	Cross Country Course		L
Sep 16, 2023	Sat	Regular Season	Mexico	9:00 AM	2:00 PM	Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season (V-V-S Invitational)	Glens Falls	9:00 AM		Cross Country Course		L
Sep 16, 2023	Sat	Regular Season	Adirondack	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season (VVS Invite)	Sandy Creek	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season	Waterville	9:00 AM		Cross Country Course		L
Sep 16, 2023	Sat	Regular Season (VVS Invite)	Jordan-Elbridge	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season (18th Annual VVS Cross Country Invitational)	Central Valley Academy	9:00 AM	12:00 PM	Cross Country Course		L
Sep 16, 2023	Sat	Regular Season	South Lewis	9:00 AM	3:30 PM	Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season (Invitational)	Beaver River	10:00 AM		Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season (Invitational)	Auburn	10:30 AM		Cross Country Course		L
Sep 16, 2023	Sat	Regular Season (VVS Invitational)	Weedsport	12:30 PM		Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season	LaFayette	TBD	12:00 PM	Cross Country Course		NL
Sep 16, 2023	Sat	Regular Season (18th Annual VVS Invitational)	Port Byron (Port Byron/Union Springs)	TBD		Turf Field Stadium		NL
Sep 16, 2023	Sat	Regular Season	Phoenix	TBD		Cross Country Course		L
Sep 16, 2023	Sat	Regular Season (VVS Invitational)	Clinton	TBD		Cross Country Course		L
CANCELLED Sep 16, 2023	Sat	Regular Season (Pre-state)	Candor (Candor)	TBD	12:00 PM	Cross Country Course		L
Sep 18, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Sep 20, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 21, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 22, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 25, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Sep 27, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 28, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 29, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 2, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 4, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 5, 2023	Thu	Practice	N/A	3:15 PM	4:45 PM	Sherrill Elementary		
Oct 6, 2023	Fri	Practice	N/A	3:00 PM	6:00 PM	Sheveron Community Center		
Oct 9, 2023	Mon	Practice	N/A	4:00 PM	6:00 PM	Verona Elementary		
Oct 10, 2023	Tue	Regular Season	Central Valley Academy, Oneida	4:00 PM		Cross Country Course		L
Oct 11, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 12, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 13, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 16, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 17, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 18, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 19, 2023	Thu	Practice	N/A	11:30 AM	1:30 PM	Track		
Oct 20, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 23, 2023	Mon	Practice	N/A	3:15 PM	4:45 PM	Verona Elementary		
Oct 24, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 25, 2023	Wed	Practice	N/A	3:15 PM	4:45 PM	Sherrill Elementary		
Oct 26, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 27, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 4, 2023	Sat	Post-Season (Section III Championships)	Mount Markham	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Post-Season (Class D Sectional Championships)	Remsen (Remsen/Town of Webb)	9:00 AM		Cross Country Course		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 4, 2023	Sat	Regular Season (Section 3 finals)	Central Valley Academy	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Regular Season (Section 3 finals)	Utica Proctor	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Regular Season (Section 3 finals)	Oneida	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Post-Season (Section 3 Finals)	Whitesboro	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Regular Season (Section 3 finals)	New Hartford	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Post-Season (Sectionals @ VVS High School)	Waterville	9:00 AM		Cross Country Course		L
Nov 4, 2023	Sat	Regular Season (Section 3 finals)	Notre Dame, Utica	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Post-Season	South Lewis	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Regular Season (Section 3 finals)	Holland Patent	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 4, 2023	Sat	Post-Season (Section 3 Championship @ VVS HS)	Sandy Creek	10:00 AM		TBD		NL
Nov 4, 2023	Sat	Post-Season (Section 3 Championships)	Cooperstown (Cooperstown/Milford)	10:00 AM		Cross Country Course		NL
Nov 4, 2023	Sat	Post-Season (Sectional Championships)	Little Falls	10:20 AM		Cross Country Course		L
Nov 4, 2023	Sat	Regular Season (NYS Championships)	Homer	10:20 AM		Cross Country Course		L
Nov 4, 2023	Sat	Regular Season (Section 3 finals)	Camden	2:50 PM		Cross Country Course		NL
Nov 4, 2023	Sat	Regular Season (Section III Championships)	Clinton	TBD		Cross Country Course		L
Nov 4, 2023	Sat	Post-Season (Section Meet - Class B)	Jamesville-Dewitt	TBD		Cross Country Course		L
Nov 4, 2023	Sat	Regular Season (Sectionals)	Phoenix	TBD		Cross Country Course		L
Nov 10, 2023	Fri	Regular Season (State Meet)	Afton (Afton/Harpur)	TBD		Cross Country Course		L
Nov 11, 2023	Sat	Post-Season	South Lewis	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 11, 2023	Sat	Regular Season (NYSPHSAA Cross-Country Championships)	Waterville	11:00 AM	1:30 PM	Cross Country Course		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 11, 2023	Sat	Regular Season (NYSPHSAA State Championships)	Moravia	TBD		Cross Country Course		L
Nov 11, 2023	Sat	Post-Season (NYSPHSAA Championships)	Trumansburg	TBD		Cross Country Course		L

Date: 2024-05-06