

Coaches:

- Mike Dunne, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 19, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	Track			
Aug 20, 2019	Tue	Practice	N/A	7:00 AM	8:30 AM	Verona Elementary			
Aug 20, 2019	Tue	Practice	N/A	6:00 PM	7:30 PM	Sherrill Elementary			
Aug 21, 2019	Wed	Practice	N/A	8:00 AM	10:00 AM	Track			
Aug 22, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary			
Aug 22, 2019	Thu	Practice	N/A	6:00 PM	7:30 PM	Sherrill Elementary			
Aug 23, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	Track			
Aug 24, 2019	Sat	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary			
Aug 26, 2019	Mon	Practice	N/A	8:30 AM	10:30 AM	Track			
Aug 26, 2019	Mon	Practice	N/A	6:00 PM	7:30 PM	Sherrill Elementary			
Aug 27, 2019	Tue	Practice	N/A	8:30 AM	10:30 AM	Track			
Aug 28, 2019	Wed	Practice	N/A	8:00 AM	10:00 AM	Track			
Aug 29, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary			
Aug 30, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary			
Sep 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Verona Elementary			
Sep 4, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Sherrill Elementary			
Sep 5, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Track			
Sep 6, 2019	Fri	Practice	N/A	3:00 PM	4:30 PM	Track			
Sep 7, 2019	Sat	Regular Season (VVS Cross Country Invitational)	Sherburne-Earlville	8:00 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (Invitational - Varsity Only)	Liverpool	8:00 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (Invitational)	Cortland	8:00 AM	1:30 PM	Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (Invitational)	Indian River	8:15 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	East Syracuse Minoa	8:30 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (Invitational)	Central Valley Academy	8:30 AM		Cross Country Course			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (V-V-S Invitational)	Remsen (Remsen/Town of Webb)	8:30 AM		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	Skaneateles	8:30 AM		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (115th Annual VVS Cross Country Invite)	Rome Free Academy	9:00 AM		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (Invitational)	Sauquoit Valley	9:00 AM		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (Invitational)	Corcoran (Syracuse West)	9:00 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (Invitational)	Holland Patent	9:00 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (VVS Invite)	Beaver River	9:00 AM		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season	Nottingham (Nottingham)	9:00 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	Canastota	9:50 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (Cross Country Invitational)	Whitesboro	9:50 AM		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (VVS invitational)	Phoenix	10:45 AM		Track			L
Sep 7, 2019	Sat	Regular Season	Pulaski	11:00 AM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	Jamesville-Dewitt	12:20 PM		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	Oneida	12:20 PM		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	Tully	12:50 PM		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (Invitational)	Camden	TBD		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season	Oriskany	TBD		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	Fayetteville-Manlius	TBD		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ DeRuyter	TBD		Cross Country Course			NL
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	South Jefferson	TBD		Cross Country Course			L
Sep 7, 2019	Sat	Regular Season	Fabius-Pompey	TBD		Cross Country Course			L

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Sep 9, 2019	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary			
Sep 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Track			
Sep 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Track			
Sep 12, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary			
Sep 13, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Track			
Sep 14, 2019	Sat	Regular Season (Invitational)	Whitesboro, Oneonta, Oneida, Utica Proctor, Adirondack, Cazenovia, Clinton, Edmeston (Edmeston/Morris), Herkimer, Notre Dame, Utica, Hamilton @ New Hartford	9:00 AM		Cross Country Course (Perry JH)	Bus/Driver: Maureen Fahey	Departure Time: 7:30 AM	NL
Sep 16, 2019	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary			
Sep 17, 2019	Tue	Regular Season 20-41-41 W	Oneida @ Camden	4:00 PM		Camden Cross Country Course	Bus/Driver: Glen Miley	Departure Time: 2:45 PM	L
Sep 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Track			
Sep 19, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary			
Sep 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Track			
Sep 21, 2019	Sat	Regular Season (XC Meet)	@ Plattsburgh	9:00 AM		TBD			NL
Sep 21, 2019	Sat	Regular Season @	TBD	10:00 AM		Bville - Durgee Cross Country Trail	Bus/Driver: Glen Miley	Departure Point: Sheveron Departure Time: 7:45 AM	L
Sep 23, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Track			
Sep 24, 2019	Tue	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary			
Sep 25, 2019	Wed	Regular Season 16-42 W	@ New Hartford	4:00 PM		Cross Country Course (Perry JH)	Bus/Driver: Beth Onderko	Departure Point: High School Departure Time: 3:00 PM	L
Sep 26, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary			
Sep 27, 2019	Fri	Practice	N/A	3:00 PM	4:30 PM	Track			
Sep 28, 2019	Sat	Regular Season @	McQuaid Jesuit	9:00 AM		McQuaid Jesuit HS	Bus/Driver: Jackie Land	Departure Time: 5:30 AM	NL
Sep 30, 2019	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary			
Oct 1, 2019	Tue	Regular Season	Rome Free Academy @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Bus/Driver: Ron Siderline	Departure Time: 2:45 PM	L
Oct 2, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Track			
Oct 3, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary			
Oct 4, 2019	Fri	Practice	N/A	3:00 PM	4:30 PM	Track			

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Oct 5, 2019	Sat	Regular Season (Whitesboro Invitational)	Jamesville-Dewitt, Holland Patent, Central Valley Academy, Altmar-Parish-Williamstown (APW Rebels), Corcoran (Syracuse West), Canastota, Oneida, Cooperstown (Cooperstown/Milford), New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Utica Proctor, Little Falls, Notre Dame, Utica, Poland, Waterville @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park	Bus/Driver: Glen Miley	Departure Time: 7:00 AM	NL
Oct 7, 2019	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary			
Oct 8, 2019	Tue	Regular Season 21-40 W	Central Valley Academy	4:00 PM		Cross Country Course			L
Oct 9, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Track			
Oct 10, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary			
Oct 11, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Track			
Oct 12, 2019	Sat	Practice	N/A	9:00 AM	10:30 AM	Track			
Oct 14, 2019	Mon	Practice	N/A	4:00 PM	6:00 PM	Verona Elementary			
Oct 15, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Track			
Oct 16, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Track			
Oct 17, 2019	Thu	Practice	N/A	11:30 AM	1:00 PM	Track			
Oct 18, 2019	Fri	Practice	N/A	3:00 PM	4:30 PM	Track			
Oct 19, 2019	Sat	Practice	N/A	9:00 AM	11:00 AM	Track			
Oct 19, 2019	Sat	Regular Season	Central Valley Academy	10:00 AM		Cross Country Course			L
Oct 21, 2019	Mon	Practice	N/A	3:15 PM	4:30 PM	Verona Elementary			
Oct 22, 2019	Tue	Regular Season (TVL Championship)	Camden, Central Valley Academy, New Hartford, Notre Dame, Utica, Oneida, Rome Free Academy, Utica Proctor @ Whitesboro	5:00 PM		Deerfield Town Wilderness Park			L
Oct 23, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Track			
Oct 24, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary			
Oct 25, 2019	Fri	Practice	N/A	3:00 PM	4:30 PM	Track			
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS	Bus/Driver: Beth Onderko		NL

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Oct 28, 2019	Mon	Practice	N/A	3:15 PM	4:30 PM	Verona Elementary			
Oct 29, 2019	Tue	Practice	N/A	3:00 PM	4:30 PM	Track			
Oct 30, 2019	Wed	Practice	N/A	3:00 PM	4:30 PM	Track			
Oct 31, 2019	Thu	Practice	N/A	3:15 PM	4:15 PM	Sherrill Elementary			
Nov 1, 2019	Fri	Practice	N/A	3:00 PM	4:30 PM	Track			
Nov 2, 2019	Sat	Practice	N/A	9:00 AM	11:00 AM	Track			
Nov 2, 2019	Sat	Regular Season (VVS Invite)	South Jefferson	11:00 AM		Cross Country Course			L
Nov 2, 2019	Sat	Regular Season	Cooperstown (Cooperstown/Milford)	TBD		Cross Country Course			L
Nov 4, 2019	Mon	Practice	N/A	3:15 PM	4:30 PM	Sherrill Elementary			
Nov 5, 2019	Tue	Practice	N/A	3:00 PM	4:30 PM	Track			
Nov 6, 2019	Wed	Practice	N/A	3:00 PM	4:30 PM	Track			
Nov 7, 2019	Thu	Practice	N/A	3:00 PM	4:30 PM	Track			
Nov 8, 2019	Fri	Practice	N/A	3:00 PM	4:30 PM	Track			
Nov 9, 2019	Sat	Post-Season (Section 3 Championships)	Beaver River	8:00 AM		Cross Country Course			NL
Nov 9, 2019	Sat	Post-Season (Section 3 Championship)	Chittenango	9:00 AM	2:00 PM	Cross Country Course			NL
Nov 9, 2019	Sat	Post-Season (Sectionals)	Dolgeville	9:00 AM		Cross Country Course			NL
Nov 9, 2019	Sat	Regular Season (Sectionals)	Fayetteville-Manlius	10:00 AM		Cross Country Course			NL
Nov 9, 2019	Sat	Regular Season (Sectionals @ VVS)	Waterville	10:00 AM		Cross Country Course			L
Nov 9, 2019	Sat	Regular Season (Sectionals)	Homer	10:00 AM		Cross Country Course			L
Nov 9, 2019	Sat	Regular Season (Sectionals)	Cooperstown (Cooperstown/Milford)	11:00 AM		Cross Country Course			L
Nov 9, 2019	Sat	Regular Season (Sectional Meet)	Weedsport	11:00 AM		TBD			NL
Nov 9, 2019	Sat	Regular Season	Solvay	4:00 PM		Cross Country Course			L
Nov 9, 2019	Sat	Post-Season (Class D Sectional Meet-VVS HS)	Tully	11:30 PM		Cross Country Course			NL
Nov 9, 2019	Sat	Regular Season	Fabius-Pompey	TBD		Cross Country Course			L

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Nov 9, 2019	Sat	Post-Season (Sectional Cross Country Finals)	Rome Free Academy	TBD		Cross Country Course			NL
Nov 9, 2019	Sat	Post-Season (Section III Championships)	Westhill	TBD		Cross Country Course			NL
Nov 9, 2019	Sat	Post-Season (Sectional Finals)	Cortland	TBD		Cross Country Course			L
Nov 9, 2019	Sat	Post-Season (Sectional Meet)	Faith Heritage	TBD		Cross Country Course			NL
Nov 9, 2019	Sat	Regular Season (Sectionals)	Phoenix	TBD		Cross Country Course			L
Nov 9, 2019	Sat	Post-Season (SECTIONALS)	TBD	TBD		Cross Country Course			NL
Nov 9, 2019	Sat	Post-Season (Section 3 Championships)	Canastota	TBD		Cross Country Course			NL
Nov 9, 2019	Sat	Post-Season (Sectionals)	@ DeRuyter	TBD	1:30 PM	TBD			NL

Date: 2024-05-16