



# 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
Sep 10, 2020	Thu	Regular Season	Notre Dame, Utica	TBD		Cross Country Course		L
Oct 17, 2020	Sat	Regular Season	@ Rome Free Academy	10:00 AM		TBD		L
Oct 19, 2020	Mon	Practice	N/A	3:30 PM	5:30 PM	Sherrill Elementary		
Oct 20, 2020	Tue	Practice (Athletes may vote to make this 6:30-8 PM.)	N/A	3:30 PM	5:30 PM	Cross Country Course		
Oct 21, 2020	Wed	Practice	N/A	3:30 PM	5:30 PM	Cross Country Course		
Oct 22, 2020	Thu	Practice	N/A	3:30 PM	5:30 PM	Cross Country Course		
Oct 23, 2020	Fri	Practice	N/A	3:30 PM	5:00 PM	Cross Country Course		
Oct 24, 2020	Sat	Regular Season	@ Central Valley Academy	9:00 AM		Diss Athletic Complex	<b>Departure Point:</b> High School Side <b>Departure Time:</b> 7:15 AM	L
Nov 2, 2020	Mon	Practice	N/A	3:30 PM	4:45 PM	Track		
Nov 3, 2020	Tue	Practice	N/A	3:30 PM	4:45 PM	Track		
Nov 4, 2020	Wed	Practice	N/A	3:30 PM	5:00 PM	Track		
Nov 5, 2020	Thu	Practice	N/A	3:30 PM	5:00 PM	Sherrill Elementary		
Nov 6, 2020	Fri	Practice	N/A	3:30 PM	4:45 PM	Track		
Nov 7, 2020	Sat	Regular Season 20-40-35 W	Notre Dame, Utica, New Hartford	10:00 AM		Cross Country Course		L
POSTPONED Nov 10, 2020	Tue	Regular Season	Camden	4:00 PM		Cross Country Course		L
Jun 21, 2021	Mon	Practice (OTA)	N/A	2:45 PM	4:00 PM	Cross Country Course		
Jun 22, 2021	Tue	Practice	N/A	2:30 PM	3:30 PM	VVS MS Gym		
Jun 28, 2021	Mon	Practice (XC OTA - MS Weight Room 9:30-10, XC Course from 10-11)	N/A	9:30 AM	11:00 AM	VVS MS Gym, Cross Country Course		
Jun 30, 2021	Wed	Practice (XC OTA - MS Weight Room 9-9:30, Track workout 9:30-10:30)	N/A	9:00 AM	10:30 AM	VVS MS Gym, Cross Country Course		

Date: 2024-04-29