



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 2, 2021	Fri	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		
Jul 5, 2021	Mon	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		
Jul 7, 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		
Jul 9, 2021	Fri	Practice (XC OTA - MS Weight Room 9:30-10, XC Course from 10-11)	N/A	9:00 AM	10:30 AM	VVS MS Gym, Cross Country Course		
Jul 12, 2021	Mon	Practice (OTA Lift and Run)	N/A	9:30 AM	11:00 AM	VVS MS Gym		
Jul 14, 2021	Wed	Practice (OTA Lift and Run)	N/A	9:30 AM	11:00 AM	VVS MS Gym		
Jul 16, 2021	Fri	Practice (OTA Lift and Run)	N/A	9:30 AM	11:00 AM	VVS MS Gym		
Aug 23, 2021	Mon	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 24, 2021	Tue	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 25, 2021	Wed	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 26, 2021	Thu	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary		
Aug 27, 2021	Fri	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 28, 2021	Sat	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary		
Aug 30, 2021	Mon	Practice	N/A	5:30 PM	7:00 PM	Verona Elementary		
Aug 31, 2021	Tue	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Sep 1, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Track Field		
Sep 2, 2021	Thu	Practice (Joint practice with Clinton)	N/A	3:30 PM	5:30 PM	Track Field		
Sep 3, 2021	Fri	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary		
Sep 6, 2021	Mon	Practice	N/A	5:00 PM	6:30 PM	Verona Elementary		
Sep 7, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 8, 2021	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 9, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 10, 2021	Fri	Regular Season (VVS Invitational)	Weedsport	8:30 AM	12:00 PM	Cross Country Course		L
Sep 10, 2021	Fri	Regular Season (VVS Invite)	East Syracuse Minoa	4:30 PM		Cross Country Course		L
Sep 10, 2021	Fri	Regular Season (VVS Invitational)	@ Fayetteville-Manlius	4:30 PM	5:30 PM	Cross Country Course		L
Sep 10, 2021	Fri	Regular Season (VVS Invitational)	Adirondack	4:30 PM	6:30 PM	Cross Country Course		NL
Sep 10, 2021	Fri	Regular Season (VVS Invitational)	Skaneateles	5:15 PM		Cross Country Course		NL
Sep 10, 2021	Fri	Regular Season	Canastota	5:30 PM		Cross Country Course		L
Sep 10, 2021	Fri	Regular Season (VVS Invitational)	West Genesee	5:30 PM		Cross Country Course		NL
Sep 10, 2021	Fri	Regular Season (VVS Invitational)	Central Square	6:30 PM		Cross Country Course		L
Sep 11, 2021	Sat	Regular Season (Invite)	DeRuyter	7:45 AM		Cross Country Course		NL
Sep 11, 2021	Sat	Regular Season (Invitational)	Oswego	8:15 AM	11:15 AM	Cross Country Course		NL
Sep 11, 2021	Sat	Regular Season (Invitational)	Phoenix	8:30 AM		Cross Country Course		L
Sep 11, 2021	Sat	Regular Season (Invitational)	Oriskany	9:00 AM		Cross Country Course		NL
Sep 11, 2021	Sat	Regular Season	South Lewis	9:00 AM		Cross Country Course		NL
Sep 11, 2021	Sat	Regular Season (Invitational)	Homer	9:30 AM		Cross Country Course		L
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	Dolgeville	9:30 AM		TBD		NL
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	Utica Proctor	10:00 AM		Cross Country Course		NL
Sep 11, 2021	Sat	Regular Season	Sauquoit Valley	11:30 AM		Cross Country Course		L
Sep 11, 2021	Sat	Regular Season (Invitational)	Waterville	12:30 PM		Cross Country Course		L
Sep 11, 2021	Sat	Regular Season (Invitational)	Cato-Meridian (Blue Devils)	1:00 PM		Cross Country Course		L
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	Chittenango	1:00 PM	3:00 PM	Cross Country Course		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	Indian River	2:00 PM	4:00 PM	Cross Country Course		NL
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	Auburn	2:00 PM		Cross Country Course		NL
Sep 11, 2021	Sat	Regular Season	Pulaski	TBD		Cross Country Course		L
Sep 11, 2021	Sat	Regular Season (VVS Invitational)	Tully	TBD		Cross Country Course		NL
Sep 13, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 14, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 15, 2021	Wed	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 16, 2021	Thu	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Sep 17, 2021	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Sep 18, 2021	Sat	Regular Season (New Hartford Invitational)	Whitesboro, Oriskany, Oneida, Edmeston (Edmeston/Morris), Adirondack, Clinton @ New Hartford	9:40 AM		Cross Country Course (Perry JH)		NL
Sep 20, 2021	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Sep 21, 2021	Tue	Regular Season	Whitesboro @ Rome Free Academy	4:00 PM		RFA Cross Country Course	Departure Time: 2:30 PM	L
Sep 22, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 23, 2021	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 24, 2021	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Sep 25, 2021	Sat	Regular Season (Invite)	@ TBD	9:00 AM		Bville - Durgee Cross Country Trail		L
Sep 27, 2021	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Sep 28, 2021	Tue	Regular Season	Utica Proctor, Oneida	4:00 PM		Cross Country Course		L
Sep 29, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 30, 2021	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 1, 2021	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 2, 2021	Sat	Regular Season (Invite)	@ McQuaid Jesuit	9:00 AM		TBD	Departure Time: 6:00 AM	NL
Oct 4, 2021	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 6, 2021	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
Oct 7, 2021	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 8, 2021	Fri	Practice	N/A	4:00 PM		TBD	Departure Point: Sheveron Departure Time: 2:30 PM	
Oct 11, 2021	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 12, 2021	Tue	Regular Season	Camden @ Notre Dame, Utica	4:00 PM		TBD		L
Oct 13, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 14, 2021	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 15, 2021	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 16, 2021	Sat	Regular Season (Invite)	@ Adirondack	9:00 AM	12:00 PM	Adirondack HS	Departure Time: 7:00 AM	L
Oct 19, 2021	Tue	Regular Season	New Hartford @ Central Valley Academy	4:00 PM		Diss Athletic Complex		L
Oct 20, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 21, 2021	Thu	Practice	N/A	3:15 PM	5:00 PM	Sherrill Elementary		
Oct 22, 2021	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 22, 2021	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 23, 2021	Sat	Regular Season (TVL League Championship)	Whitesboro, Camden, Central Valley Academy, Utica Proctor, Notre Dame, Utica, Oneida, New Hartford, Rome Free Academy @ TBD	12:00 PM		Osceola Ski and Sport Resort	Departure Time: 8:00 AM	L
Oct 25, 2021	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 26, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 27, 2021	Wed	Practice (Easy distance run)	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 28, 2021	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 29, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 30, 2021	Sat	Practice	N/A	9:00 AM	10:30 AM	Verona Elementary		
Nov 1, 2021	Mon	Practice	N/A	3:15 PM	4:30 PM	Verona Elementary		
Nov 2, 2021	Tue	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 3, 2021	Wed	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 4, 2021	Thu	Practice	N/A	3:15 PM	4:30 PM	Sherrill Elementary		
Nov 5, 2021	Fri	Practice	N/A	3:00 PM	4:15 PM	Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 6, 2021	Sat	Regular Season (Sectionals)	Waterville	1:00 AM		Cross Country Course		L
Nov 6, 2021	Sat	Post-Season (Section 3 Class B Finals)	Whitesboro	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 6, 2021	Sat	Post-Season (Section Championship)	Cato-Meridian (Blue Devils)	9:00 AM	12:00 PM	Cross Country Course		NL
Nov 6, 2021	Sat	Regular Season	Solvay	9:00 AM	3:30 PM	Longbranch Park		L
Nov 6, 2021	Sat	Post-Season (Section 3 Championships)	Oriskany	10:00 AM		Cross Country Course		NL
Nov 6, 2021	Sat	Post-Season (Sectionals)	Central Valley Academy	10:20 AM	12:00 PM	Cross Country Course		L
Nov 6, 2021	Sat	Regular Season	Pulaski	10:50 AM		Cross Country Course		L
Nov 6, 2021	Sat	Post-Season (Sectional Championship)	Onondaga Central	11:00 AM	12:00 PM	Cross Country Course		L
Nov 6, 2021	Sat	Post-Season (Section III Championships)	Hamilton	1:00 PM		Cross Country Course		NL
Nov 6, 2021	Sat	Regular Season (Sectional Game)	Fabius-Pompey	1:00 PM		TBD		L
Nov 6, 2021	Sat	Regular Season (Sectionals)	Phoenix	1:00 PM		Cross Country Course		L
Nov 6, 2021	Sat	Post-Season (Sectionals)	Auburn	1:00 PM	3:00 PM	Cross Country Course		L
Nov 6, 2021	Sat	Regular Season	LaFayette	1:20 PM		Cross Country Course		L
Nov 6, 2021	Sat	Post-Season (Class D XC Sectionals- VVS HS)	Tully	2:20 PM		Jamesville Beach XC Trail		NL
Nov 6, 2021	Sat	Post-Season (Sectionals)	Cooperstown (Cooperstown/Milford)	2:20 PM	4:30 PM	Cross Country Course		NL
Nov 6, 2021	Sat	Regular Season (Sectionals)	Central Square	2:50 PM		Cross Country Course		L
Nov 6, 2021	Sat	Regular Season (Sectionals)	Cincinnatus	TBD		Cross Country Course		L
Nov 8, 2021	Mon	Practice	N/A	3:15 PM	4:30 PM	Verona Elementary		
Nov 9, 2021	Tue	Practice	N/A	3:00 PM	4:00 PM	Track		
Nov 10, 2021	Wed	Practice	N/A	3:00 PM	4:00 PM	Track		
Nov 11, 2021	Thu	Practice	N/A	10:00 AM	11:00 AM	Track		
Jun 27, 2022	Mon	Practice (OTA: Lift & speed)	N/A	10:00 AM	12:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jun 29, 2022	Wed	Practice (OTA: Lift & speed)	N/A	10:00 AM	12:00 PM	TBD		

Date: 2025-12-22