

Coaches:

• Mike Dunne, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAG TRANSPORTATION / NON- LEAG
Aug 22, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Track	
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Track	
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary	
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary	
Aug 25, 2022	Thu	Practice	N/A	6:00 PM	7:00 PM	Track	
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Track	
Aug 27, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary	
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Irack	
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Track	
Aug 31, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary	
Sep 1, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Track	
Sep 2, 2022	Fri	Practice	N/A	9:00 AM	11:00 AM	Track Field	
Sep 5, 2022	Mon	Practice	N/A	5:00 PM	7:00 PM	Verona Elementary	
Sep 6, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Sherrill Elementary	
Sep 7, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Track	
Sep 8, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Track	
Sep 9, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Track	
Sep 10, 2022	Sat	Regular Season (Pre-State Invitational @ VVS)	Waterville	8:15 AM	12:00 PM	Cross Country Course	L
Sep 10, 2022	Sat	Regular Season (Individual Meet)	Queensbury	8:30 AM		Cross Country Course	NL
Sep 10, 2022	Sat	Regular Season (Vernon-Verona- Sherrill Invitational)	Remsen (Remsen)	8:30 AM	12:00 PM	Cross Country Course	NL
Sep 10, 2022	Sat	Regular Season (Vernon Verona Sherrill Cross Country Invitational)	Chittenango, Rome Free Academy	9:00 AM	12:00 PM	Cross Country Course	NL
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	Whitesboro	9:00 AM	3:30 PM	Cross Country Course	NL
Sep 10, 2022	Sat	Regular Season	Afton (Afton/Harpursville/B- G)	9:00 AM	12:00 PM	Cross Country Course	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2022	Sat	Regular Season (VVS INVITATIONAL)	Westhill	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (VVS Cross Country Invitational)	Phoenix	9:00 AM	12:00 PM	Cross Country Course		L
Sep 10, 2022	Sat	Regular Season	South Lewis	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	Indian River	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (Pre States)	Beaver River	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	Baldwinsville	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	Westmoreland	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (VVS Pre-State Meet)	Tully	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (VVS Pre State Inv)	Skaneateles	10:00 AM		Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (VVS Cross Country Invitational)	Broadalbin-Perth	1:00 PM		Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season	@ DeRuyter	3:30 PM		Cross Country Course		L
Sep 10, 2022	Sat	Regular Season (Invite V-V-S)	Corning-Painted Post	3:50 PM		Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	Port Byron (Port Byron/Union Springs)	3:50 PM		Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season	Canastota	TBD		Cross Country Course		NL
Sep 10, 2022	Sat	Regular Season	Notre Dame, Utica	TBD		Cross Country Course		L
Sep 12, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 14, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Verona Elementary		
Sep 15, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 15, 2022	Thu	Regular Season (VVS Invitational)	Westmoreland	4:00 PM	8:00 PM	Cross Country Course		L
Sep 16, 2022	Fri	Regular Season	Westmoreland	9:00 AM	3:30 PM	Cross Country Course		L
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		

Sep 17, 2022	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 17, 2022 Sat Course Cooperstown, Millord TED Country Course Cour	Sep 17, 2022	Sat	O .	TBD			Country	Sep 17, 2022 Departure Time:	
Sep 20, 2022 Tue Regular Season 28-48-81-68 W Whitesboro, Camden 28-48-81-68 W	Sep 17, 2022	Sat	(Practicing the		TBD		Country		L
Sep 20, 2022 Thu Regular Season & Whitesboro, Camden & 4:00	Sep 19, 2022	Mon	Practice	N/A			Track		
Sep 22, 2022 Thu	Sep 20, 2022	Tue						Sep 20, 2022 Departure Time: 2:30 PM Return Date: Return Time: 8:00	L
Sep 23, 2022 Fri	Sep 21, 2022	Wed	Practice	N/A			Track		
Sep 26, 2022 Mon Practice N/A 3:15 5:15 Verona PM PM PM PM PM PM PM P	Sep 22, 2022	Thu	Practice	N/A					
Sep 26, 2022 Tue Regular Season (Notre Dame, Utica, Patent will be Non League) Notre Dame, Utica, Patent will be Non League) Notre Dame, Utica, Political Patent (@) Central Valley Academy PM PM PM PM PM PM PM P	Sep 23, 2022	Fri	Practice	N/A			Track		
Sep 27, 2022 Tue	Sep 26, 2022	Mon	Practice	N/A					
Sep 28, 2022 Wed Fractice N/A PM PM PM Itaak Sep 29, 2022 Thu Practice N/A 3:15 5:15 Sherrill Elementary Sherrill Elementary Sep 30, 2022 Fri Practice N/A 3:00 PM	Sep 27, 2022	Tue	(*Note VVS/Holland Patent will be Non	Holland Patent @ Central Valley			Athletic	Sep 27, 2022 Departure Time: 2:30 PM Return Date: Return Time: 7:00	L
Sep 29, 2022 Inu Practice N/A PM PM Elementary Sep 30, 2022 Fri Practice N/A 3:00 PM 4:30 PM Track Oct 3, 2022 Mon Practice N/A 3:00 PM 5:00 PM Track Oct 4, 2022 Tue Practice N/A 3:15 S:15 Verona PM Elementary Oct 5, 2022 Wed Regular Season (*Note VVS/Holland Patent, New Hartford, Rome Free Academy 4:00 PM Cross Country Course L Oct 6, 2022 Thu Practice N/A 3:00 FM Track Oct 7, 2022 Fri Practice N/A 5:00 PM PM Track Oct 10, 2022 Mon Practice N/A 5:00 PM Verona PM PM Departure Date: Oct 11, 2022 Oct 11, 2022 Departure Date: Oct 11, 2022 Departure Time: 3:00 PM Return Date: Return Time: 6:00 PM Return Date: Return Time: 6:00 PM Return Date: Return Time: 6:00 PM	Sep 28, 2022	Wed	Practice	N/A			Track		
Practice N/A PM PM PM PM PM PM PM P	Sep 29, 2022	Thu	Practice	N/A					
Oct 3, 2022 Mon Practice N/A PM PM I rack Oct 4, 2022 Tue Practice N/A 3:15 PM 5:15 Verona Elementary Oct 5, 2022 Wed Regular Season (Note VVS/Holland Patent, New Hartford, Rome Free Academy 4:00 PM Cross Country Course L Oct 6, 2022 Thu Practice N/A 3:00 PM Fm Track Oct 7, 2022 Fri Practice N/A 3:00 PM PM Track Oct 10, 2022 Mon Practice N/A 5:00 PM Verona PM PM Oct 11, 2022 Tue Regular Season (Note VVS/Holland Patent, Utica Patent will be Non League) 4:00 PM Cross Country Course Oct 11, 2022 Departure Date: Return Date: Return Date: Return Time: 6:00 PM Cross Ontry Course N/A Regular Season PM PM PM Track N/A Return Date: Return Time: 6:00 PM N/A Return Time: 6:00 PM Track Return Time: 6:00 PM Return Time: 6:00 PM Retu	Sep 30, 2022	Fri	Practice	N/A			Track		
Oct 1, 2022 Tue Practice N/A PM PM PM Elementary Oct 5, 2022 Wed Regular Season (*Note VVS/Holland Patent, will be Non League) Holland Patent, New Hartford, Rome Free Academy 4:00 PM Cross Country Course L Oct 6, 2022 Thu Practice N/A 3:00 PM 5:00 PM Track Oct 7, 2022 Fri Practice N/A 5:00 PM PM PM Oct 10, 2022 Mon Practice N/A 5:00 PM PM PM Oct 11, 2022 Tue Regular Season (*Note VVS/Holland Patent, Utica Patent, Will be Non League) Holland Patent, Utica Proctor @ Oneida PM Cross Country Course Cross Country Course Departure Date: Return Time: 3:00 PM PM L Oct 12, 2022 Wed Practice N/A 3:00 PM PM Track	Oct 3, 2022	Mon	Practice	N/A			Track		
Oct 5, 2022 Wed (*Note VVS/Holland Patent, New Hartford, Rome Free Academy Oct 6, 2022 Thu Practice N/A 3:00 5:00 PM PM PM Oct 7, 2022 Fri Practice N/A 3:00 5:00 Track Oct 10, 2022 Mon Practice N/A 5:00 6:30 Verona Elementary Oct 11, 2022 Tue Regular Season (*Note VVS/Holland Patent, Utica Proctor @ Oneida Proctor @ Oneida Proctor @ Oneida Oct 12, 2022 Wed Practice N/A 3:00 5:00 PM PM PM Oct 12, 2022 Thu Practice N/A 3:00 5:00 PM PM Oct 13, 2022 Thu Practice N/A 3:00 5:00 PM PM Oct 13, 2022 Thu Practice N/A 3:00 5:00 Track Oct 13, 2022 Thu Practice N/A 3:00 5:00 Track Oct 13, 2022 Thu Practice N/A 3:00 FM PM Oct 13, 2022 Thu Practice N/A 3:00 Fm PM Oct 13, 2022 Thu Practice N/A Track Oct 17, 2022 Thu Practice N/A Track	Oct 4, 2022	Tue	Practice	N/A					
Oct 7, 2022 Fri Practice N/A 3:00 5:00 PM PM PM Track Oct 10, 2022 Mon Practice N/A 5:00 6:30 Verona Elementary Oct 11, 2022 Tue Regular Season (*Note VVS/Holland Patent, Utica Proctor @ Oneida Patent will be Non League) Oct 12, 2022 Wed Practice N/A 3:00 5:00 PM	Oct 5, 2022	Wed	(*Note VVS/Holland Patent will be Non	Hartford, Rome Free			Country		L
Oct 10, 2022 Mon Practice N/A PM	Oct 6, 2022	Thu	Practice	N/A			Track		
Oct 10, 2022 Mon Practice N/A PM PM Elementary Regular Season (*Note VVS/Holland Patent, Utica Patent will be Non League) N/A PM PM Elementary Departure Date: Oct 11, 2022 Departure Time: 3:00 PM Return Date: Return Date: Return Time: 6:00 PM PM PM PM Track Oct 12, 2022 Wed Practice N/A 3:00 5:00 PM PM PM Track	Oct 7, 2022	Fri	Practice	N/A			Track		
Oct 11, 2022 Tue Regular Season (*Note VVS/Holland Patent, Utica Patent will be Non League) Holland Patent, Utica Proctor @ Oneida Proctor @ Oneida Proctor @ Oneida Physical Proctor Physical Proctor Physical	Oct 10, 2022	Mon	Practice	N/A					
Oct 13, 2022 Wed Practice N/A PM PM Track Oct 13, 2022 Thu Practice N/A 3:00 4:00 Track	Oct 11, 2022	Tue	(*Note VVS/Holland Patent will be Non		PM		Country	Oct 11, 2022 Departure Time: 3:00 PM Return Date: Return Time: 6:00	L
	Oct 12, 2022	Wed	Practice	N/A			Track		
	Oct 13, 2022	Thu	Practice	N/A			Track		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 17, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 18, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 19, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Sherrill Elementary		
Oct 20, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 21, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 22, 2022	Sat	Regular Season (TVL League championship)	Whitesboro, Camden, Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, Central Valley Academy @ New Hartford	10:00 AM		Cross Country Course (Perry JH)	Departure Date: Oct 22, 2022 Departure Time: 8:00 AM Return Date: Return Time: 4:00 PM	L
Oct 22, 2022	Sat	Regular Season (TVL Meet)	Oneida, Camden, Central Valley Academy @ New Hartford	4:00 PM		Cross Country Course (Perry JH)		L
Oct 24, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 25, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 26, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 27, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 28, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 31, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 1, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 2, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Sherrill Elementary		
Nov 3, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 4, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 5, 2022	Sat	Regular Season	@ DeRuyter	8:00 AM		Cross Country Course		L
Nov 5, 2022	Sat	Post-Season (Section 3 Championships @ VVS)	Waterville	9:00 AM	12:00 PM	Cross Country Course		L
Nov 5, 2022	Sat	Regular Season (Sectionals & State Qual)	Cooperstown (Cooperstown/Milford)	9:00 AM	12:00 PM	Cross Country Course		L
Nov 5, 2022	Sat	Post-Season (Sectionals)	East Syracuse Minoa	9:00 AM	12:00 PM	Cross Country Course		L
Nov 5, 2022	Sat	Post-Season	South Lewis	10:00 AM		Cross Country Course		NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 5, 2022	Sat	Post-Season (Section 3 Championships)	Port Byron (Port Byron/Union Springs)	10:30 AM		Cross Country Course		NL
Nov 5, 2022	Sat	Post-Season (Sectionals)	Beaver River	10:30 AM	12:00 PM	Cross Country Course		NL
Nov 5, 2022	Sat	Regular Season (Section III Tournament)	Notre Dame, Utica	TBD		Cross Country Course		L
Nov 7, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 8, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 9, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 10, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 12, 2022	Sat	Regular Season (State Meet, VVS HS -5276 State Route 31, Verona, NY 13478)	Afton (Afton/Harpursville/B- G)	9:00 AM	3:00 PM	Cross Country Course		L
Nov 12, 2022	Sat	Post-Season (State Championships)	Schuylerville	10:00 AM		Cross Country Course		L
Nov 12, 2022	Sat	Post-Season (NYSPHSAA Meet)	Beaver River	10:30 AM	12:00 PM	Cross Country Course		NL
Nov 12, 2022	Sat	Post-Season	South Lewis	10:30 AM		Cross Country Course		NL
Nov 12, 2022	Sat	Post-Season (State Championship @ Vernon-Verona- Sherill HS)	Elmira	TBD		VVS MS Gym		L
Nov 12, 2022	Sat	Post-Season (NYSPHSAA (States))	Notre Dame, Utica	TBD		Cross Country Course		L
Nov 12, 2022	Sat	Post-Season (NYSPHSAA Championship)	Candor (Candor)	TBD	12:00 PM	Cross Country Course		L

Date: 2025-12-21