



# 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 1, 2022  | Fri      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | Track                |                |                     |
| Jul 6, 2022  | Wed      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 8, 2022  | Fri      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 11, 2022 | Mon      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 13, 2022 | Wed      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 15, 2022 | Fri      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 11:30 AM | Sherrill Elementary  |                |                     |
| Jul 18, 2022 | Mon      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 20, 2022 | Wed      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 22, 2022 | Fri      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 25, 2022 | Mon      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 27, 2022 | Wed      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Jul 29, 2022 | Fri      | Practice (OTA: Lift & speed)                                       | N/A                                   | 10:00 AM   | 12:00 PM | TBD                  |                |                     |
| Sep 10, 2022 | Sat      | Regular Season (VVS Invitational)                                  | Whitesboro                            | 12:00 AM   | 3:30 PM  | Cross Country Course |                | NL                  |
| Sep 10, 2022 | Sat      | Regular Season (Invite V-V-S)                                      | Corning-Painted Post                  | 8:30 AM    |          | 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 (Pre States)  | Beaver River                          | 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   | Afton (Afton/Harpur)                  | 9:00 AM    | 12:00 PM | Cross Country Course |                | L                   |
| 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   | Canastota                             | TBD        |          | Cross Country Course |                | NL                  |
| Sep 10, 2022 | Sat      | Regular Season (VVS Invitational)                                  | Port Byron (Port Byron/Union Springs) | TBD        |          | Cross Country Course |                | NL                  |
| Sep 20, 2022 | Tue      | Regular Season   | Whitesboro, Camden @ Holland Patent   | 4:00 PM    |          | Holland Patent HS    |                | L                   |

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|--------------|----------|---|--|------------|----------|-----------------------|----------------|---------------------|
| Sep 27, 2022 | Tue      | Regular Season (*Note VVS/Holland Patent will be Non League)                | Notre Dame, Utica, Holland Patent @ Central Valley Academy   | 4:00 PM    |          | Diss Athletic Complex |                | L                   |
| Oct 4, 2022  | Tue      | 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 11, 2022 | Tue      | Regular Season (*Note VVS/Holland Patent will be Non League)                | Holland Patent, Utica Proctor @ Oneida   | 4:00 PM    |          | Cross Country Course  |                | L                   |
| Oct 22, 2022 | Sat      | Regular Season (TVL League championship)                                    | Whitesboro, Camden, Holland Patent, New Hartford, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy @ Central Valley Academy | 9:00 AM    |          | Diss Athletic Complex |                | L                   |
| Nov 5, 2022  | Sat      | Post-Season (Section 3 Championships)                                       | Port Byron (Port Byron/Union Springs)  | TBD        |          | Cross Country Course  |                | NL                  |
| Nov 12, 2022 | Sat      | Regular Season (State Meet, VVS HS -5276 State Route 31, Verona, NY 13478 ) | Afton (Afton/Harpur)   | 9:00 AM    | 3:00 PM  | Cross Country Course  |                | L                   |
| Nov 12, 2022 | Sat      | Post-Season (State Championship @ Vernon-Verona-Sherill HS)                 | Elmira   | TBD        |          | VVS MS Gym            |                | L                   |

Date: 2022-08-10