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
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	Track		
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/Town of Webb)	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/Harpur)	9:00 AM	12:00 PM	Cross Country Course		L

DATE	WEEK DAY	TYPE	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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2022	Sat	Regular Season (XC Invitational)	TBD	9:00 AM	12:00 PM	Cross Country Course	**Departure Date:** Sep 17, 2022 **Departure Time:** 7:15 AM	NL
Sep 17, 2022	Sat	Scrimmage (Practicing the Course)	Cooperstown (Cooperstown/Milford)	TBD		Cross Country Course		L
Sep 19, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 20, 2022	Tue	Regular Season 28-48-81-68 W	Whitesboro, Camden @ Holland Patent	4:00 PM		HS Stadium / Track	**Departure Date:** Sep 20, 2022 **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 8:00 PM	L
Sep 21, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 22, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Sep 26, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
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	**Departure Date:** Sep 27, 2022 **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 7:00 PM	L
Sep 28, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 29, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill 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 PM	5:15 PM	Verona 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	3:00 PM	5:00 PM	Track		
Oct 10, 2022	Mon	Practice	N/A	5:00 PM	6:30 PM	Verona Elementary		
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	**Departure Date:** Oct 11, 2022 **Departure Time:** 3:00 PM **Return Date:** **Return Time:** 6:00 PM	L
Oct 12, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 13, 2022	Thu	Practice	N/A	3:00 PM	4:00 PM	Track		

DATE	WEEK DAY	TYPE	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	TYPE	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/Harpur)	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: 2024-04-19