

Coaches:

• Mike Dunne, Head Coach

DATE	WEEK DAY	⁽ ТҮРЕ	OPPONENTS	START TIME	TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 26, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Track Field		
Aug 27, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary		
Aug 28, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 29, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Track Field		
Aug 31, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary		
Sep 2, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Verona Elementary		
Sep 3, 2024	Tue	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 4, 2024	Wed	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		

DATE	WEEK DAY	⁽ ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen), Phoenix, Holland Patent, Tully, Cato- Meridian (Blue Devils), South Lewis, Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius- Pompey, Fayetteville- Manlius, Homer, TBD, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track		NL
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		

Lake George,	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 16, 2024 Mon Practice N/A 3:00 5:00 Track	Sep 14, 2024	Sat		Saratoga Springs High School, Remsen (Remsen), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Ballston Spa High School, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @	9:00		Trails @ Elem.		NL
Sep 17, 2024 Tue	Sep 16, 2024	Mon	Practice	N/A	PM	PM			
Sep 18, 2024 Web Practice N/A PM P	Sep 17, 2024	Tue	Practice	N/A			Track		
Sep 19, 2024 Inu Practice N/A PM PM PM PM PM PM PM PM Elementary ITrack Sep 20, 2024 Fri Practice N/A 3:15 5:00 PM PM PM PM Elementary Sherrill Elementary Sep 23, 2024 Mon Practice N/A 3:15 5:15 PM PM PM PM PM Elementary Proctor Park PM	Sep 18, 2024	Wed	Practice	N/A					
Sep 23, 2024 Mon Practice N/A 3:15 5:15 Verona Elementary	Sep 19, 2024	Thu	Practice	N/A	PM	PM			
Sep 23, 2024 Mon Practice N/A PM PM PM Elementary Elementary Sep 24, 2024 Tue Regular Season New Hartford @ Utica Proctor 4:00 PM Proctor Park Departure Time: 2:30 PM L Sep 25, 2024 Wed Practice N/A 3:00 PM From Practice N/A 3:15 S:15 Sherrill PM PM Elementary Sep 26, 2024 Thu Practice N/A 3:00 PM PM PM PM Elementary Track Sep 28, 2024 Sat Regular Season @ McQuaid Jesuit PM	Sep 20, 2024	Fri	Practice	N/A					
Sep 24, 2024 Tue Regular Season Utica Proctor PM Proctor Park 2:30 PM L Sep 25, 2024 Wed Practice N/A 3:00 PM Frious Track Frious PM	Sep 23, 2024	Mon	Practice	N/A					
Sep 25, 2024 Wed Practice N/A PM PM <td>Sep 24, 2024</td> <td>Tue</td> <td>Regular Season</td> <td>_</td> <td></td> <td></td> <td>Proctor Park</td> <td></td> <td>L</td>	Sep 24, 2024	Tue	Regular Season	_			Proctor Park		L
Sep 26, 2024 Inu Practice N/A PM PM Elementary Sep 27, 2024 Fri Practice N/A 3:00 PM Frior Prack Sep 28, 2024 Sat Regular Season @ McQuaid Jesuit 9:00 AM TBD Departure Time: 7:30 AM NL Sep 30, 2024 Mon Practice N/A 3:00 FM Frior Practice N/A Track Oct 1, 2024 Tue Practice N/A 3:15 Fine Practice Since Free Academy @ Camden Osceola Ski and Sport Resort Departure Time: 2:30 PM L Oct 2, 2024 Thu Practice N/A 3:15 Sin Sherrill Elementary Elementary Oct 3, 2024 Thu Practice N/A 3:00 Sin Track Track	Sep 25, 2024	Wed	Practice	N/A			Track		
Sep 27, 2024 Fri Practice N/A PM PM <td>Sep 26, 2024</td> <td>Thu</td> <td>Practice</td> <td>N/A</td> <td></td> <td></td> <td></td> <td></td> <td></td>	Sep 26, 2024	Thu	Practice	N/A					
Sep 28, 2024 Sat Regular Season @ McQuaid Jesuit AM TBD 7:30 AM NL Sep 30, 2024 Mon Practice N/A 3:00 5:00 PM PM PM Track Oct 1, 2024 Tue Practice N/A 3:15 5:00 Verona Elementary Oct 2, 2024 Wed Regular Season Rome Free Academy @ Camden PM PM Elementary Oct 3, 2024 Thu Practice N/A 3:15 5:15 Sherrill Elementary Oct 4, 2024 Fri Practice N/A 3:00 5:00 Track	Sep 27, 2024	Fri	Practice	N/A			Track		
Oct 1, 2024 Tue Practice N/A Rome Free Academy @ Camden Oct 3, 2024 Thu Practice N/A Rome Free Academy @ Camden N/A PM PM PM PM PM Elementary Osceola Ski and Sport Resort 2:30 PM L Oct 3, 2024 Thu Practice N/A Sport Resort 2:30 PM Oct 4, 2024 Fri Practice N/A Sport Resort 2:30 PM Track Track PM PM PM Elementary Sport Resort 2:30 PM Track Track Track Track Track Track	Sep 28, 2024	Sat	Regular Season	@ McQuaid Jesuit			TBD		NL
Oct 1, 2024 Tue Practice N/A PM PM Elementary Oct 2, 2024 Wed Regular Season Rome Free Academy @ Camden Oct 3, 2024 Thu Practice N/A Academy @ Camden N/A Sport Resort Sport Resort 2:30 PM Camden Departure Time: 2:30 PM N/A 3:15 5:15 Sherrill Elementary Oct 4, 2024 Fri. Practice N/A Sport Resort Sport Res	Sep 30, 2024	Mon	Practice	N/A			Track		
Oct 2, 2024 Wed Regular Season Academy @ Camden Oct 3, 2024 Thu Practice N/A Sport Resort Sport Resort 2:30 PM L Oct 4, 2024 Thu Practice N/A 3:15 5:15 Sherrill Elementary Oct 4, 2024 Fri Practice N/A 3:00 5:00 Track	Oct 1, 2024	Tue	Practice	N/A					
Oct 4, 2024 Fri Practice N/A PM Elementary Oct 4, 2024 Fri Practice N/A 3:00 5:00 Track	Oct 2, 2024	Wed	Regular Season	Academy @					L
	Oct 3, 2024	Thu	Practice	N/A					
	Oct 4, 2024	Fri	Practice	N/A			Track		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 7, 2024	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 8, 2024	Tue	Regular Season	Notre Dame, Utica, Whitesboro @ Holland Patent	4:30 PM	6:30 PM	Holland Patent HS	Departure Time: 2:30 PM	L
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Mount Markham	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season	TBD	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Clinton	9:00 AM		Cross Country Course		L
Oct 12, 2024	Sat	Regular Season (Vernon-Verona- Sherrill Invitational)	Remsen (Remsen)	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Cross Country Invite)	Sandy Creek	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Phoenix	10:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Homer	10:00 AM		Cross Country Course		L
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Bishop Ludden	TBD		Cross Country Course		NL
Oct 14, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	Verona Elementary		
Oct 15, 2024	Tue	Regular Season	Oneida, Central Valley Academy	4:30 PM		Cross Country Course		L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 17, 2024	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 21, 2024	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 23, 2024	Wed	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Track		
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Utica Proctor, Holland Patent, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	11:00 AM		Proctor Park, Utica	Departure Time: 8:45 AM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 28, 2024	Mon	Practice	N/A	3:15 PM	4:45 PM	Sherrill Elementary		
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	Track		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	Track		
Nov 2, 2024	Sat	Regular Season	@ Adirondack	9:00 AM	6:30 PM	Adirondack HS	Departure Time: 7:30 AM	NL
Nov 4, 2024	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Nov 6, 2024	Wed	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
Nov 9, 2024	Sat	Post-Season (Sectionals at Mount Markham)	@ TBD	1:00 PM		TBD	Departure Time: 11:00 AM	NL
Nov 13, 2024	Wed	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Nov 16, 2024	Sat	Post-Season (State Tournament in Queensbury NY)	@ TBD	TBD		TBD	Departure Date: Nov 15, 2024 Departure Time: 10:00 AM	NL
Jun 30, 2025	Mon	Practice	N/A	9:30 AM	11:00 AM	Cross Country Course, Track, Middle School Weight Room		

Date: 2025-12-05