



Vernon-Verona-Sherrill

(B) V Cross Country

Coaches:

- Mike Dunne, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / 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	TYPE	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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, 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 @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 6:30 AM	NL
Sep 16, 2024	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona Elementary		
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 18, 2024	Wed	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 20, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Sherrill Elementary		
Sep 23, 2024	Mon	Practice	N/A	3:15 PM	5:15 PM	Verona 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	5:00 PM	Track		
Sep 26, 2024	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track		
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 PM	5:00 PM	Track		
Oct 1, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Verona Elementary		
Oct 2, 2024	Wed	Regular Season	Rome Free Academy @ Camden	4:30 PM		Osceola Ski and Sport Resort	Departure Time: 2:30 PM	L
Oct 3, 2024	Thu	Practice	N/A	3:15 PM	5:15 PM	Sherrill Elementary		
Oct 4, 2024	Fri	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, 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	TYPE	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