



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 2, 2025 | Wed | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 4, 2025 | Fri | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 7, 2025 | Mon | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 9, 2025 | Wed | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 11, 2025 | Fri | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 14, 2025 | Mon | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 16, 2025 | Wed | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 18, 2025 | Fri | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 21, 2025 | Mon | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 23, 2025 | Wed | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 25, 2025 | Fri | Practice | N/A | 9:30 AM | 11:00 AM | Sherrill Elementary | | |
| Jul 28, 2025 | Mon | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Jul 30, 2025 | Wed | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |
| Aug 1, 2025 | Fri | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION / NON- LEAGUE |
|--------------|-------------|----------|-----------|---------------|-------------|---|---------------------------------|
| Aug 4, 2025 | Mon | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | |
| Aug 6, 2025 | Wed | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | |
| Aug 8, 2025 | Fri | Practice | N/A | 9:30 AM | 11:00 AM | Cross Country Course, Track, Middle School Weight Room | |
| Aug 18, 2025 | Mon | Practice | N/A | 7:00 AM | 9:00 AM | Track | |
| Aug 19, 2025 | Tue | Practice | N/A | 8:00 AM | 10:00 AM | Verona Elementary | |
| Aug 20, 2025 | Wed | Practice | N/A | 8:00 AM | 10:00 AM | Track | |
| Aug 20, 2025 | Wed | Practice | N/A | 6:00 PM | 7:15 PM | Track | |
| Aug 21, 2025 | Thu | Practice | N/A | 8:00 AM | 10:00 AM | Sherrill Elementary | |
| Aug 22, 2025 | Fri | Practice | N/A | 8:00 AM | 10:00 AM | Track | |
| Aug 23, 2025 | Sat | Practice | N/A | 8:00 AM | 10:00 AM | Vernon Elementary | |
| Aug 25, 2025 | Mon | Practice | N/A | 8:00 AM | 10:00 AM | Verona Elementary | |
| Aug 25, 2025 | Mon | Practice | N/A | 6:00 PM | 7:30 PM | Track | |
| Aug 26, 2025 | Tue | Practice | N/A | 8:00 AM | 10:00 AM | Track | |
| Aug 27, 2025 | Wed | Practice | N/A | 8:00 AM | 10:00 AM | Sherrill Elementary | |
| Aug 27, 2025 | Wed | Practice | N/A | 6:00 PM | 7:30 PM | Track | |
| Aug 28, 2025 | Thu | Practice | N/A | 8:00 AM | 10:00 AM | Track | |
| Aug 29, 2025 | Fri | Practice | N/A | 8:00 AM | 10:00 AM | Vernon Elementary | |
| Sep 1, 2025 | Mon | Practice | N/A | 6:00 PM | 7:30 PM | Verona Elementary | |
| Sep 2, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Sherrill Elementary | |
| Sep 3, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Sherrill Elementary | |
| Sep 4, 2025 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Track | |
| Sep 5, 2025 | 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 6, 2025 | Sat | Regular Season (Mustang Invitational) | Central Valley Academy, Remsen (Remsen), Utica Proctor, Camden, New Hartford, Westmoreland, Notre Dame, Utica, Holland Patent, Waterville, Clinton, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Weedsport, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Fabius-Pompey, Canastota, Cazenovia, Whitesboro, DeRuyter, Hamilton, Baldwinsville, Indian River, Liverpool, Onondaga Central, Phoenix, West Genesee, Auburn, Central Square, Tully @ Mount Markham | 8:00 AM | | HS Track | | L |
| Sep 6, 2025 | Sat | Regular Season (Mt. Markham Mustang Invite) | @ TBD | 8:30 AM | | TBD | Departure Time: 7:00 AM | L |
| Sep 8, 2025 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Sep 9, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Sep 10, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Sep 11, 2025 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Sep 12, 2025 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Sep 13, 2025 | Sat | Regular Season (ESM invite) | @ TBD | 8:30 AM | | TBD | | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|-------------------------------------|---|---------------|-------------|--------------------------------------|--------------------------------|----------------------------|
| Sep 13, 2025 | Sat | Regular Season (QBY INVY) | Auburn, Shaker High School, Greenville, Lake George, Schenectady High School, Monticello, Niskayuna High School, Our Lady of Lourdes, Christian Brothers Academy, Albany, Colonie High School, Roy C Ketcham/Wappingers JHS, Phoenix, Central Valley Academy, Gloversville, Broadalbin-Perth, Watervliet, Afton (Afton/Harpursville/B-G), Chatham, Amsterdam, Shenendehowa High School, South Lewis, Hudson Falls, TBD @ Queensbury | 9:00 AM | | Queensbury HS, Trails @ Elem. School | Departure Time: 8:15 AM | NL |
| Sep 13, 2025 | Sat | Regular Season (NH INVITATIONAL) | TBD, Adirondack, Central Valley Academy, DeRuyter, Edmeston (Edmeston/Morris), Herkimer, Holland Patent, Mount Markham, Notre Dame, Utica, Poland, Sauquoit Valley, Westmoreland, Whitesboro @ New Hartford | 9:00 AM | | Cross Country Course (Perry JH) | | L |
| Sep 15, 2025 | Mon | Practice | N/A | 3:15 PM | 5:15 PM | Verona Elementary | | |
| Sep 16, 2025 | Tue | Regular Season | Whitesboro @ Rome Free Academy | 4:00 PM | | RFA Cross Country Course | | L |
| Sep 17, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Sep 18, 2025 | Thu | Practice | N/A | 3:15 PM | 5:15 PM | Sherrill Elementary | | |
| Sep 22, 2025 | Mon | Practice | N/A | 3:15 PM | 5:15 PM | Verona Elementary | | |
| Sep 23, 2025 | Tue | Regular Season | Utica Proctor, Oneida | 4:00 PM | | Cross Country Course | | L |
| Sep 24, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Sep 25, 2025 | Thu | Practice | N/A | 3:15 PM | 5:15 PM | Sherrill Elementary | | |
| Sep 27, 2025 | Sat | Regular Season (McQuaid invite) | @ McQuaid Jesuit | 8:30 AM | | TBD | Departure Time: 7:30 AM | L |
| Sep 29, 2025 | Mon | Practice | N/A | 3:15 PM | 5:15 PM | Verona Elementary | | |
| Sep 30, 2025 | Tue | Regular Season | New Hartford @ Holland Patent | 4:00 PM | | Holland Patent HS | | L |
| Oct 1, 2025 | Wed | 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 2, 2025 | Thu | Practice | N/A | 3:15 PM | 5:15 PM | Sherrill Elementary | | |
| Oct 6, 2025 | Mon | Practice | N/A | 3:15 PM | 5:15 PM | Verona Elementary | | |
| Oct 7, 2025 | Tue | Regular Season | Central Valley Academy, Camden @ Notre Dame, Utica | 4:00 PM | | Proctor Park, Utica | | L |
| Oct 8, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Oct 9, 2025 | Thu | Practice | N/A | 3:15 PM | 5:15 PM | Sherrill Elementary | | |
| Oct 11, 2025 | Sat | Regular Season (Cross country invy) | Niskayuna High School, Lake George, Shaker High School, Greenville, Schuylerville, Cato-Meridian (Blue Devils), Ballston Spa High School, Baldwinsville, Christian Brothers Academy, Albany, Gloversville, Oneonta, Little Falls, Colonie High School @ Burnt Hills-Ballston Lake HS | 9:00 AM | 3:25 PM | Saratoga Spa State Park | | NL |
| Oct 13, 2025 | Mon | Practice | N/A | 5:00 PM | 6:30 PM | Verona Elementary | | |
| Oct 14, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Oct 15, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Sherrill Elementary | | |
| Oct 16, 2025 | Thu | Practice | N/A | 3:15 PM | 5:15 PM | Sherrill Elementary | | |
| Oct 17, 2025 | Fri | Practice | N/A | 3:00 PM | 4:30 PM | Track | | |
| Oct 18, 2025 | Sat | Regular Season (VVS Cross Country Invitational) | Weedsport | 7:00 AM | | TBD | | NL |
| Oct 18, 2025 | Sat | Regular Season (VVS Invite) | Mount Markham | 7:30 AM | | Cross Country Course | | NL |
| Oct 18, 2025 | Sat | Regular Season | South Lewis | 9:00 AM | 6:30 PM | Cross Country Course | | NL |
| Oct 18, 2025 | Sat | Regular Season (VVS Invite) | TBD | 9:00 AM | 3:25 PM | Cross Country Course | | L |
| Oct 18, 2025 | Sat | Regular Season (VVS Invite) | Clinton | 9:00 AM | | Cross Country Course | | NL |
| Oct 18, 2025 | Sat | Regular Season (@ VVS Cross-Country Invitational) | Waterville | 9:30 AM | | Cross Country Course | | L |
| Oct 18, 2025 | Sat | Regular Season (VVS Invitational) | Mexico | 10:00 AM | | Cross Country Course | | NL |
| Oct 18, 2025 | Sat | Regular Season | Sandy Creek | 10:45 AM | | Cross Country Course | | NL |
| Oct 18, 2025 | Sat | Regular Season | New York Mills | TBD | | Cross Country Course | | NL |
| Oct 20, 2025 | Mon | Practice | N/A | 3:15 PM | 5:15 PM | Verona Elementary | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|---|--|------------|----------|-----------------------|----------------|---------------------|
| Oct 21, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| CANCELLED Oct 22, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Oct 23, 2025 | Thu | Practice | N/A | 3:15 PM | 5:15 PM | Sherrill Elementary | | |
| Oct 24, 2025 | Fri | Practice | N/A | 3:00 PM | 4:30 PM | Track | | |
| Oct 25, 2025 | Sat | Regular Season (TVL Invitational) | New Hartford, Camden, Oneida, Utica Proctor, Holland Patent, Whitesboro, Notre Dame, Utica, Rome Free Academy @ Central Valley Academy | 9:00 AM | | Diss Athletic Complex | | L |
| Oct 27, 2025 | Mon | Practice | N/A | 3:15 PM | 5:15 PM | Verona Elementary | | |
| Oct 28, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Oct 29, 2025 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Oct 30, 2025 | Thu | Practice | N/A | 3:15 PM | 5:15 PM | Sherrill Elementary | | |
| Oct 31, 2025 | Fri | Practice | N/A | 3:00 PM | 4:30 PM | Track | | |
| Nov 1, 2025 | Sat | Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitational) | Indian River, Pulaski, McQuaid Jesuit, Notre Dame, Utica, DeRuyter, Clinton, West Canada Valley, Watertown, Hamilton @ Adirondack | 9:00 AM | | Adirondack HS | | NL |
| Nov 3, 2025 | Mon | Practice | N/A | 3:15 PM | 4:45 PM | Verona Elementary | | |
| Nov 4, 2025 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Track | | |
| Nov 5, 2025 | Wed | Practice | N/A | 3:15 PM | 4:45 PM | Sherrill Elementary | | |
| Nov 6, 2025 | Thu | Practice | N/A | 3:00 PM | 4:30 PM | Cross Country Course | | |
| Nov 7, 2025 | Fri | Practice | N/A | 3:00 PM | 4:30 PM | Cross Country Course | | |
| Nov 10, 2025 | Mon | Practice | N/A | 3:00 PM | 4:30 PM | Cross Country Course | | |
| Nov 12, 2025 | Wed | Practice | N/A | 3:15 PM | 4:30 PM | Verona Elementary | | |
| Nov 13, 2025 | Thu | Practice | N/A | 3:00 PM | 4:15 PM | Track | | |
| Nov 17, 2025 | Mon | Practice | N/A | 3:00 PM | 4:15 PM | Cross Country Course | | |
| Nov 18, 2025 | Tue | Practice | N/A | 3:15 PM | 4:30 PM | Sherrill Elementary | | |
| Nov 19, 2025 | Wed | Practice | N/A | 3:00 PM | 4:15 PM | Cross Country Course | | |
| Nov 20, 2025 | Thu | Practice | N/A | 3:00 PM | 4:15 PM | Cross Country Course | | |

Date: 2025-12-05