



# Vernon-Verona-Sherrill

## (B) 7/8TH Cross Country

### Coaches:

- Danielle Jeffery

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	Canastota	TBD		Cross Country Course		L
Sep 14, 2019	Sat	Regular Season (Invitational)	Utica Proctor (JFK/DMS), Whitesboro, Adirondack, Beaver River, Clinton, Herkimer, Notre Dame, Utica, Oneonta, Hamilton @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		L
Sep 17, 2019	Tue	Regular Season 15-25-31 W	Oneida @ Camden	4:00 PM		Camden Cross Country Course		L
Sep 21, 2019	Sat	Regular Season	@ TBD	10:00 AM		Bville - Durgee Cross Country Trail	Bus/Driver: Glen Miley	Departure Point: High School Return Date: NL Return Time: 7:45 AM
Sep 25, 2019	Wed	Regular Season	@ New Hartford	4:00 PM		Cross Country Course (Perry JH)	Bus/Driver: Beth Onderko	Departure Point: High School Departure Time: 3:00 PM L
Sep 28, 2019	Sat	Regular Season (XC Invite)	@ McQuaid Jesuit	9:00 AM		McQuaid Jesuit HS	Bus/Driver: Jackie Land	Departure Point: High School Departure Time: 5:30 AM NL
Oct 1, 2019	Tue	Regular Season	Rome Free Academy @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park		L
Oct 5, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Oneida, Altmar-Parish-Williamstown (APW Rebels), Corcoran (Syracuse West), Canastota, Fayetteville-Manlius, Utica Proctor (JFK/DMS), Cooperstown (Modified), Central Valley Academy, New Hartford, Westmoreland, Holland Patent, Notre Dame, Utica @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 8, 2019	Tue	Regular Season	Central Valley Academy	4:00 PM		Cross Country Course			L
Oct 22, 2019	Tue	Regular Season (TVL Championship) 36-224-272-98- 169-219-96-89- 56 W	Central Valley Academy, Camden, New Hartford, Notre Dame, Utica, Oneida, Utica Proctor (JFK/DMS), Rome Free Academy @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park			L

Date: 2026-01-22