Vernon-Verona-Sherrill
(B) 7/8TH Cross Country

Coaches:

- Danielle Jeffery

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2024	Tue	Practice (Modified XC Practice)	N/A	3:15 PM	5:00 PM	Track		
Sep 4, 2024	Wed	Practice (Modified XC Practice)	N/A	3:15 PM	4:45 PM	Track		
Sep 5, 2024	Thu	Practice (Modified XC Practice)	N/A	3:00 PM	5:00 PM	Track		
Sep 6, 2024	Fri	Practice (Modified XC Practice)	N/A	3:00 PM	5:00 PM	Track		
Sep 7, 2024	Sat	Practice (Modified XC Practice)	N/A	8:00 AM	9:30 AM	Track		
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	TBD	4:30 PM	Track		
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	Mount Markham, Dolgeville, Whitesboro, Clinton, Hamilton, Notre Dame, Utica, Beaver River, Rome Free Academy @ New Hartford	9:00 AM		Cross Country Course (Perry JH)	**Departure Time:** 7:00 AM	NL
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 20, 2024	Fri	Practice	N/A	TBD	4:30 PM	Track		
Sep 21, 2024	Sat	Regular Season	@ TBD	9:00 AM		Bville - Durgee Cross Country Trail	**Departure Time:** 7:15 AM	NL
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Track		
Sep 24, 2024	Tue	Regular Season	New Hartford @ Utica Proctor (JFK/DMS)	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	3:00 PM	5:00 PM	Track		
Sep 27, 2024	Fri	Practice	N/A	TBD	4:30 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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2024	Tue	Practice	N/A	3:10 PM	5:00 PM	Track		
CANCELLED Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
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	3:00 PM	5:00 PM	Track		
Oct 4, 2024	Fri	Practice	N/A	TBD	4:30 PM	Track		
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 8, 2024	Tue	Regular Season	Notre Dame, Utica, Whitesboro @ Holland Patent	4:30 PM	7:00 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	TBD	4:30 PM	Track		
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Utica Proctor (JFK/DMS), Remsen (Remsen/Town of Webb)	8:45 AM		Cross Country Course		L
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Clinton	9:00 AM		Cross Country Course		L
Oct 15, 2024	Tue	Regular Season	Central Valley Academy, Oneida	4:30 PM		Cross Country Course	**Departure Point:** Sheveron	L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 23, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Track		
Oct 24, 2024	Thu	Practice	N/A	2:00 PM	3:30 PM	Track		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 25, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Track		
Oct 25, 2024	Fri	Practice	N/A	TBD	4:30 PM	Track		
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Utica Proctor (JFK/DMS), Holland Patent, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	12:00 PM		Proctor Park, Utica	**Departure Time:** 8:00 AM	L
Oct 28, 2024	Mon	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 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Track		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Track		
Nov 1, 2024	Fri	Practice	N/A	TBD	4:30 PM	Track		
Nov 2, 2024	Sat	Regular Season	@ Adirondack	9:00 AM		Adirondack HS	**Departure Time:** 7:30 AM	L

Date: 2024-10-12