



Vernon-Verona-Sherrill

(G) V Outdoor Track

Coaches:

- Todd Bauer
- Katie Fortier

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 3, 2023	Mon	Scrimmage	New Hartford	4:00 PM		Track		NL
Apr 4, 2023	Tue	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Apr 5, 2023	Wed	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Apr 6, 2023	Thu	Regular Season (TVL Relays Co-Ed)	Notre Dame, Utica, Whitesboro, Central Valley Academy, Rome Free Academy, Holland Patent, New Hartford, Utica Proctor, Oneida @ Camden	4:00 PM	6:45 PM	Camden High School Stadium	Departure Time: 2:30 PM	L
Apr 17, 2023	Mon	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Apr 18, 2023	Tue	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Apr 19, 2023	Wed	Regular Season	Utica Proctor @ Oneida	4:00 PM		HS Track	Departure Time: 2:30 PM	L
Apr 20, 2023	Thu	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Apr 21, 2023	Fri	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Apr 22, 2023	Sat	Regular Season (VVS Invite)	Skaneateles	10:30 AM		Track		NL
Apr 22, 2023	Sat	Regular Season (VVS Invitational)	Weedsport	10:30 AM		Track		NL
Apr 22, 2023	Sat	Regular Season (VVS Invitational)	Remsen	10:30 AM		Track		NL
Apr 22, 2023	Sat	Regular Season	Solvay	10:30 AM		Track		L
Apr 22, 2023	Sat	Regular Season (VVS invitational)	Mexico	10:30 AM		Track		NL
Apr 24, 2023	Mon	Regular Season (TVL Rookie Meet Co-ED)	Notre Dame, Utica, Central Valley Academy, Rome Free Academy, Camden, Holland Patent, New Hartford, Utica Proctor, Oneida @ Whitesboro	6:00 PM		Ed Wadas Complex High School	Departure Time: 4:30 PM	L
Apr 25, 2023	Tue	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Apr 26, 2023	Wed	Regular Season (League meet for Oneida vs VVS)	Notre Dame, Utica, Oneida, Holland Patent	4:00 PM		Track		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 27, 2023	Thu	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Apr 28, 2023	Fri	Regular Season (Onondaga Invitational)	@ Onondaga Central	4:30 PM		Stadium	Departure Time: 2:30 PM	L
May 1, 2023	Mon	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 2, 2023	Tue	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 3, 2023	Wed	Regular Season	Oneida @ Camden	4:15 PM		Camden High School Stadium	Departure Time: 2:45 PM	L
May 4, 2023	Thu	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 5, 2023	Fri	Regular Season (ESM Invitational)	@ TBD	4:30 PM		ESM High School - Stadium	Departure Time: 2:30 PM	L
May 8, 2023	Mon	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 9, 2023	Tue	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 10, 2023	Wed	Regular Season	Oneida @ Central Valley Academy	4:30 PM	6:45 PM	TBD	Departure Time: 2:45 PM	L
May 11, 2023	Thu	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 12, 2023	Fri	Regular Season (Oneida Invitational)	@ TBD		TBD	TBD	Departure Time: 2:30 PM	L
May 15, 2023	Mon	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 16, 2023	Tue	Regular Season (TVL League Meet)	Notre Dame, Utica, Whitesboro, Central Valley Academy, Rome Free Academy, Holland Patent, New Hartford, Utica Proctor, Oneida @ Camden	4:15 PM		Camden High School Stadium	Departure Time: 2:30 PM	L
May 17, 2023	Wed	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 18, 2023	Thu	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 19, 2023	Fri	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 19, 2023	Fri	Regular Season (CNS Invitational)	@ TBD	4:30 PM		TBD	Departure Time: 2:30 PM	L
May 22, 2023	Mon	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 23, 2023	Tue	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 24, 2023	Wed	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
May 25, 2023	Thu	Post-Season (Sectionals at Camden)	@ TBD	TBD	TBD		Departure Time: 2:30 PM	NL
May 26, 2023	Fri	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		
Jun 1, 2023	Thu	Post-Season (State Qualifiers at CNS High School)	@ TBD	4:00 PM		CNS High School	Departure Time: 2:30 PM	NL
Jun 2, 2023	Fri	Practice	N/A	3:10 PM	5:15 PM	Cross Country Course, Track, VVS MS Cafe		

Date: 2026-02-18