



# 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
Mar 9, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe, Track, Cross Country Course		
Mar 11, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 12, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 13, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 14, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 15, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe, Track, Cross Country Course, VVS MS Gym		
Mar 16, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe, Track, Cross Country Course, VVS MS Gym		
Mar 18, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 19, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 19, 2024	Tue	Practice	N/A	4:00 PM	5:00 PM	VVS MS Gym		
Mar 20, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 21, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 22, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 22, 2024	Fri	Practice	N/A	4:00 PM	5:00 PM	VVS MS Gym		
Mar 23, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe, Track, Cross Country Course		
Mar 25, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 26, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 27, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 28, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 1, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 2, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 3, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 4, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 5, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 6, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe, Track, Cross Country Course		
Apr 8, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 9, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 9, 2024	Tue	Regular Season	Camden, New Hartford	4:00 PM		Track		L
Apr 10, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 11, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 11, 2024	Thu	Regular Season	Notre Dame, Utica @ Central Valley Academy	4:30 PM		Diss Athletic Complex	<b>Departure Time:</b> 2:30 PM	L
Apr 12, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 13, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe, Track, Cross Country Course		
Apr 15, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 16, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 17, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 17, 2024	Wed	Regular Season	Holland Patent @ Camden	4:30 PM		Camden High School Stadium	<b>Departure Time:</b> 3:00 PM	L
Apr 18, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 19, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 19, 2024	Fri	Regular Season (*Onondaga Central Track Invitational* )	Syracuse Academy of Science, Cazenovia, Manlius Pebble Hill, Fabius-Pompey, Institute of Technology, Syracuse, Canastota, Mexico, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Faith Heritage, Cortland, Phoenix, Bishop Ludden, Cato-Meridian (Blue Devils), Jamesville-Dewitt, DeRuyter, Remsen @ Onondaga Central	4:00 PM		Stadium	<b>Departure Time:</b> 2:30 PM	L
Apr 26, 2024	Fri	Regular Season (Sauquoit Invite)	@ TBD	3:00 PM		TBD	<b>Departure Time:</b> 1:30 PM	NL
May 1, 2024	Wed	Regular Season	Camden, Oneida	4:00 PM		Track		L
May 3, 2024	Fri	Regular Season (ESM Invite)	@ TBD	4:00 PM		TBD	<b>Departure Time:</b> 2:30 PM	NL
May 6, 2024	Mon	Regular Season (TVL Rookie Meet)	Camden, Central Valley Academy, Holland Patent, Notre Dame, Utica, Oneida, New Hartford, Utica Proctor, Whitesboro @ Rome Free Academy	5:30 PM		Stadium Track and Field	<b>Departure Time:</b> 3:30 PM	L
May 10, 2024	Fri	Regular Season (Oneida Invitational)	@ TBD	4:00 PM		TBD	<b>Departure Time:</b> 2:30 PM	NL
May 14, 2024	Tue	Regular Season (TVL Championship)	Camden, Central Valley Academy, Holland Patent, New Hartford, Notre Dame, Utica, Oneida, Rome Free Academy, Whitesboro @ Utica Proctor	4:00 PM		PHS Stadium (Turf Field/Track)	<b>Departure Time:</b> 2:30 PM	L
May 17, 2024	Fri	Regular Season (Deruyter Invite)	@ TBD	TBD		TBD	<b>Departure Time:</b> 2:15 PM	NL
May 20, 2024	Mon	Meet (Section 3 Class B1 )	Vs. Multiple	4:30 PM		Westhill High School Track	<b>Departure Time:</b> 2:30 PM	NL
May 30, 2024	Thu	Post-Season (State Qualifiers @ CNS)	@ TBD	4:00 PM		TBD	<b>Departure Time:</b> 2:30 PM	NL
Jun 7, 2024	Fri	Post-Season (State Meet at CNS)	@ TBD	11:00 AM		Beacon Light Field	<b>Departure Time:</b> 10:30 AM	NL
Jun 8, 2024	Sat	Post-Season (State Meet at CNS)	@ TBD	10:00 AM		TBD	<b>Departure Time:</b> 9:00 AM	NL

Date: 2024-11-01

