

## Coaches:

- Todd Bauer
- Katie Fortier

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 17, 2025	Mon	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 18, 2025	Tue	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 19, 2025	Wed	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 20, 2025	Thu	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 21, 2025	Fri	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 22, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	Cross Country Course, Track, VVS MS Cafe		
Mar 24, 2025	Mon	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 25, 2025	Tue	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 25, 2025	Tue	Practice	N/A	4:00 PM	5:15 PM	VVS MS Gym		
Mar 25, 2025	Tue	Practice	N/A	4:30 PM	5:15 PM	Middle School Weight Room		
Mar 26, 2025	Wed	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 27, 2025	Thu	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 28, 2025	Fri	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Mar 28, 2025	Fri	Practice	N/A	4:00 PM	5:15 PM	VVS MS Gym		
Mar 29, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	Cross Country Course, Track, VVS MS Cafe		
CANCELLED Mar 29, 2025	Sat	Practice	N/A	9:30 AM	10:30 AM	VVS Main Gym (The Pit)		
Mar 31, 2025	Mon	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 1, 2025	Tue	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 1, 2025	Tue	Practice	N/A	4:30 PM	5:15 PM	Middle School Weight Room		
Apr 2, 2025	Wed	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		

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Apr 3, 2025	Thu	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 3, 2025	Thu	Scrimmage	@ Canastota	4:00 PM		High School Track	<b>Departure Time:</b> 3:00 PM	NL
Apr 4, 2025	Fri	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course, VVS MS Gym		
Apr 5, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	Cross Country Course, Track, VVS MS Cafe		
Apr 7, 2025	Mon	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 8, 2025	Tue	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
CANCELLED Apr 9, 2025	Wed	Regular Season (TVL Relays)	Camden, Central Valley Academy, Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, Whitesboro, New Hartford	4:00 PM		Track	<b>Departure Time:</b> 2:30 PM	L
Apr 10, 2025	Thu	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 10, 2025	Thu	Practice	N/A	4:00 PM	5:00 PM	VVS MS Gym		
Apr 11, 2025	Fri	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 12, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	Cross Country Course, Track, VVS MS Cafe		
Apr 14, 2025	Mon	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 15, 2025	Tue	Regular Season	New Hartford @ Camden	4:15 PM		Camden High School Stadium	<b>Departure Time:</b> 2:30 PM	L
Apr 16, 2025	Wed	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 17, 2025	Thu	Regular Season (Proctor Invite)	@ TBD	TBD		TBD	<b>Departure Time:</b> 2:30 PM	NL
Apr 18, 2025	Fri	Practice	N/A	8:30 AM	10:30 AM	Cross Country Course, Track, VVS MS Cafe		
Apr 22, 2025	Tue	Regular Season	Sauquoit Valley, Canastota, Frankfort-Schuyler, West Canada Valley @ Clinton	10:00 AM		Stadium Field (Grass / Track & Field)		NL
Apr 25, 2025	Fri	Regular Season (Sauquoit Invite)	@ TBD	TBD		TBD	<b>Departure Time:</b> 2:15 PM	NL

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Apr 28, 2025	Mon	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 29, 2025	Tue	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Apr 30, 2025	Wed	Regular Season	Camden, Holland Patent	4:00 PM		Track		L
May 1, 2025	Thu	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 2, 2025	Fri	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 5, 2025	Mon	Regular Season	Notre Dame, Utica @ Central Valley Academy	4:30 PM		TBD	Departure Time: 3:00 PM	L
May 6, 2025	Tue	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 8, 2025	Thu	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 9, 2025	Fri	Regular Season (Oneida Invite)	@ TBD	TBD		TBD	Departure Time: 2:30 PM	NL
May 12, 2025	Mon	Regular Season (TVL Rookie Meet)	Camden, Central Valley Academy, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, Whitesboro, New Hartford @ Holland Patent	5:00 PM		HS Stadium / Track	Departure Time: 3:15 PM	L
May 13, 2025	Tue	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 14, 2025	Wed	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 14, 2025	Wed	Regular Season (TVL Invitational)	Whitesboro, Central Valley Academy, Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, New Hartford, Camden	4:15 PM		Track		L
May 15, 2025	Thu	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 16, 2025	Fri	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 17, 2025	Sat	Regular Season (Liverpool Invite)	@ TBD	TBD		TBD	Departure Time: 7:15 AM	NL
May 19, 2025	Mon	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		

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May 20, 2025	Tue	Regular Season	@ Oneida	4:00 PM		HS Track	<b>Departure Time:</b> 2:30 PM	L
May 21, 2025	Wed	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 22, 2025	Thu	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
CANCELLED May 23, 2025	Fri	Regular Season (CNS Invite)	@ TBD	TBD		TBD	<b>Departure Time:</b> 2:30 PM	NL
May 27, 2025	Tue	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 28, 2025	Wed	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
May 29, 2025	Thu	Regular Season (Class B-1 sectionals)	TBD	4:00 PM		Track		L
May 29, 2025	Thu	Regular Season	Central Valley Academy	4:30 PM		Track		L
May 30, 2025	Fri	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Jun 2, 2025	Mon	Practice	N/A	3:10 PM	5:15 PM	VVS MS Cafe, Track, Cross Country Course		
Jun 5, 2025	Thu	Post-Season (State Qualifiers at CNS)	@ TBD	TBD		CNS High School	<b>Departure Time:</b> 2:30 PM	NL

Date: 2026-02-19