



# Vernon-Verona-Sherrill

## (G) V Winter Track

### Coaches:

- Todd Bauer
- Dan Margo

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 14, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 15, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 15, 2023	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Nov 16, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 17, 2023	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 18, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	VVS MS Cafe, Cross Country Course, Track	
Nov 19, 2023	Sun	Practice	N/A	5:00 PM	7:00 PM	Cross Country Course, Track, VVS MS Cafe, VVS Volleyball Gym	
Nov 20, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 22, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	VVS Volleyball Gym	
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 29, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Nov 29, 2023	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 1, 2023	Fri	Regular Season (Utica College Invitational)	@ TBD	4:00 PM		Utica College Dome	Departure Date: Dec 1, 2023 Departure Time: L 2:45 PM
Dec 4, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 5, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 6, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 6, 2023	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 8, 2023	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Dec 8, 2023	Fri	Regular Season (Invitational)	@ TBD	4:30 PM		Mohawk Valley Community College	<b>Departure Date:</b> Dec 8, 2023 <b>Departure Time:</b> 3:15 PM L
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 12, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 12, 2023	Tue	Regular Season (Invitational)	@ TBD	4:00 PM		Hamilton College	<b>Departure Date:</b> Dec 12, 2023 <b>Departure Time:</b> 2:30 PM L
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 13, 2023	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Dec 14, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 15, 2023	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 15, 2023	Fri	Regular Season (Invitational)	@ TBD	4:00 PM		Utica College Dome	<b>Departure Date:</b> Dec 15, 2023 <b>Departure Time:</b> 2:45 PM L
Dec 17, 2023	Sun	Practice	N/A	5:00 PM	7:00 PM	VVS MS Cafe, VVS Volleyball Gym	
Dec 18, 2023	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 19, 2023	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 19, 2023	Tue	Regular Season (Invitational)	@ TBD	4:30 PM		Colgate University Field House	<b>Departure Date:</b> Dec 19, 2023 <b>Departure Time:</b> 2:30 PM L
Dec 20, 2023	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 20, 2023	Wed	Regular Season (Invitational)	@ TBD	4:30 PM		Mohawk Valley Community College	<b>Departure Date:</b> Jan 12, 2024 <b>Departure Time:</b> 3:15 PM L
Dec 20, 2023	Wed	Practice	N/A	5:30 PM	6:30 PM	VVS Volleyball Gym	
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Dec 26, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe, VVS Volleyball Gym	
Dec 27, 2023	Wed	Regular Season (Invitational)	@ TBD	11:30 AM		Utica College Dome	<b>Departure Date:</b> Dec 27, 2023 <b>Departure Time:</b> 10:00 AM L
Dec 28, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	VVS MS Cafe	
Dec 28, 2023	Thu	Practice	N/A	10:00 AM	11:00 AM	VVS Volleyball Gym	
Dec 29, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	VVS MS Cafe	
Dec 29, 2023	Fri	Practice	N/A	10:00 AM	11:00 AM	VVS Volleyball Gym	
Jan 1, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe, VVS Volleyball Gym	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Jan 2, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 3, 2024	Wed	Regular Season (Invitational)	@ TBD	4:00 PM		Colgate University Field House	<b>Departure Date:</b> Jan 3, 2024 <b>Departure Time:</b> L 2:45 PM
Jan 3, 2024	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Jan 4, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
POSTPONED Jan 9, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 10, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 10, 2024	Wed	Regular Season (Invitational)	@ TBD	4:30 PM		Mohawk Valley Community College	<b>Departure Date:</b> Jan 19, 2024 <b>Departure Time:</b> L 3:45 PM
Jan 11, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 13, 2024	Sat	Regular Season (Invitational)	@ TBD	11:00 AM		Utica College Dome	<b>Departure Date:</b> Jan 13, 2024 <b>Departure Time:</b> L 10:00 AM
Jan 15, 2024	Mon	Practice	N/A	1:00 PM	3:00 PM	VVS Volleyball Gym, VVS MS Cafe	
Jan 16, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 17, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 17, 2024	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Jan 18, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 19, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 20, 2024	Sat	Regular Season (Invitational)	@ TBD	9:30 AM		OCC - SRC Arena	<b>Departure Date:</b> Jan 20, 2024 <b>Departure Time:</b> L 7:45 AM
Jan 22, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 23, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 24, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 24, 2024	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Jan 25, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 30, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Jan 31, 2024	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Feb 1, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 2, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 2, 2024	Fri	Regular Season (Invitational)	@ TBD	4:30 PM		OCC - SRC Arena	<b>Departure Date:</b> Feb 2, 2024 <b>Departure Time:</b> L 2:30 PM
Feb 4, 2024	Sun	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe, VVS Volleyball Gym	
Feb 5, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 6, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 7, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 7, 2024	Wed	Post-Season (Class B Sectionals)	@ TBD	4:30 PM		OCC - SRC Arena	<b>Departure Date:</b> Feb 7, 2024 <b>Departure Time:</b> L 2:30 PM
Feb 7, 2024	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Feb 8, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 9, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 9, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym	
Feb 12, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 12, 2024	Mon	Practice	N/A	4:30 PM	5:00 PM	VVS Volleyball Gym	
Feb 13, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 13, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym	
Feb 14, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 14, 2024	Wed	Post-Season (State Qualifiers)	@ TBD	4:30 PM		OCC - SRC Arena	<b>Departure Date:</b> Feb 14, 2024 <b>Departure Time:</b> L 2:30 PM
Feb 14, 2024	Wed	Practice	N/A	5:00 PM	6:00 PM	VVS Volleyball Gym	
Feb 15, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
Feb 16, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track	
TBD		Practice	N/A	2:00 PM	4:00 PM	VVS MS Cafe, VVS Volleyball Gym	

Date: 2026-01-11