



Vernon-Verona-Sherrill

(G) V Winter Track

Coaches:

- Todd Bauer
- Dan Margo

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / 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: 2:45 PM	L
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	LEAGUE / NON-LEAGUE
Dec 8, 2023	Fri	Regular Season (Invitational)	@ TBD	4:30 PM		Mohawk Valley Community College	Departure Date: Dec 8, 2023 Departure Time: 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	Departure Date: Dec 12, 2023 Departure Time: 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	Departure Date: Dec 15, 2023 Departure Time: 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	Departure Date: Dec 19, 2023 Departure Time: 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	Departure Date: Jan 12, 2024 Departure Time: 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	Departure Date: Dec 27, 2023 Departure Time: 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	LEAGUE / 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	Departure Date: Jan 3, 2024 Departure Time: 2:45 PM	L
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	Departure Date: Jan 19, 2024 Departure Time: 3:45 PM	L
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	Departure Date: Jan 13, 2024 Departure Time: 10:00 AM	L
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	Departure Date: Jan 20, 2024 Departure Time: 7:45 AM	L
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	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	Departure Date: Feb 2, 2024 Departure Time: 2:30 PM	L
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	Departure Date: Feb 7, 2024 Departure Time: 2:30 PM	L
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	Departure Date: Feb 14, 2024 Departure Time: 2:30 PM	L
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