



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 18, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Nov 19, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Nov 20, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Nov 21, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Nov 22, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Nov 23, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe, Cross Country Course, Track		
Nov 24, 2024	Sun	Practice	N/A	5:00 PM	7:00 PM	VVS MS Cafe, VVS Volleyball Gym		
Nov 25, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Nov 26, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Nov 27, 2024	Wed	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe, Cross Country Course, Track		
Nov 27, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 1, 2024	Sun	Practice	N/A	5:00 PM	7:00 PM	VVS MS Cafe, VVS Volleyball Gym		
Dec 2, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 3, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 4, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 5, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 6, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 7, 2024	Sat	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe, Cross Country Course, Track		

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Dec 7, 2024	Sat	Meet (WESTHILL INDOOR TRACK AND FIELD INVITATIONAL 2024)	Vs. Multiple	10:00 AM		OCC- SRC Arena		NL
Dec 7, 2024	Sat	Regular Season	@ TBD	10:00 AM		OCC - SRC Arena	Departure Time: 8:00 AM	L
Dec 8, 2024	Sun	Practice	N/A	5:00 PM	7:00 PM	VVS MS Cafe, VVS Volleyball Gym		
Dec 9, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 10, 2024	Tue	Practice	N/A	4:30 PM	5:30 PM	VVS Volleyball Gym		
Dec 11, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 12, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 13, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 14, 2024	Sat	Regular Season	@ TBD	3:00 PM		OCC - SRC Arena	Departure Time: 1:00 PM	L
Dec 15, 2024	Sun	Practice	N/A	5:00 PM	7:00 PM	VVS MS Cafe, VVS Volleyball Gym		
Dec 16, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 17, 2024	Tue	Practice	N/A	4:30 PM	5:30 PM	VVS Volleyball Gym		
Dec 17, 2024	Tue	Regular Season	@ TBD	4:30 PM		Hamilton College	Departure Time: 3:15 PM	L
Dec 18, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 19, 2024	Thu	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 20, 2024	Fri	Practice	N/A	3:00 PM	5:15 PM	VVS MS Cafe, Cross Country Course, Track		
Dec 21, 2024	Sat	Regular Season	@ TBD	3:00 PM		OCC - SRC Arena	Departure Time: 1:00 PM	L
Dec 27, 2024	Fri	Practice	N/A	8:30 AM	10:00 AM	VVS Volleyball Gym		
Dec 28, 2024	Sat	Regular Season	@ TBD	10:00 AM		Utica College Dome	Departure Time: 8:15 AM	L
Jan 3, 2025	Fri	Regular Season	@ TBD	2:00 PM		Colgate University Field House	Departure Time: 12:15 PM	L
Jan 5, 2025	Sun	Practice	N/A	5:00 PM	7:00 PM	VVS Volleyball Gym		
Jan 7, 2025	Tue	Practice	N/A	4:30 PM	5:30 PM	VVS Volleyball Gym		

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Jan 10, 2025	Fri	Regular Season	@ TBD	4:30 PM		Utica College Dome	Departure Time: 3:00 PM	L
Jan 12, 2025	Sun	Practice	N/A	5:00 PM	7:00 PM	VVS Volleyball Gym		
Jan 13, 2025	Mon	Practice	N/A	5:00 PM	7:00 PM	VVS Volleyball Gym		
Jan 14, 2025	Tue	Practice	N/A	4:30 PM	5:30 PM	VVS Volleyball Gym		
Jan 16, 2025	Thu	Regular Season	@ TBD	5:00 PM		Mohawk Valley Community College	Departure Time: 3:30 PM	L
Jan 18, 2025	Sat	Regular Season	@ TBD	3:00 PM		OCC - SRC Arena	Departure Time: 1:00 PM	L
Jan 21, 2025	Tue	Practice	N/A	4:30 PM	5:30 PM	VVS Volleyball Gym		
Jan 25, 2025	Sat	Regular Season	@ TBD	3:00 PM		OCC - SRC Arena	Departure Time: 1:00 PM	L
Jan 26, 2025	Sun	Practice	N/A	5:00 PM	7:00 PM	VVS Volleyball Gym		
Jan 27, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Jan 28, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Jan 28, 2025	Tue	Practice	N/A	4:30 PM	5:30 PM	VVS Volleyball Gym		
Jan 30, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Jan 30, 2025	Thu	Practice	N/A	4:00 PM	5:00 PM	VVS Volleyball Gym		
Jan 31, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 1, 2025	Sat	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe		
Feb 2, 2025	Sun	Practice	N/A	5:00 PM	6:30 PM	VVS Volleyball Gym		
Feb 3, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 4, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 4, 2025	Tue	Practice	N/A	4:30 PM	5:30 PM	VVS Volleyball Gym		
Feb 5, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 6, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 7, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 7, 2025	Fri	Practice	N/A	4:00 PM	5:00 PM	VVS Volleyball Gym		
Feb 8, 2025	Sat	Post-Season (Sectionals)	@ TBD	9:00 AM		OCC - SRC Arena	Departure Time: 7:00 AM	NL
Feb 10, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 11, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	VVS Volleyball Gym		
Feb 11, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 11, 2025	Tue	Practice	N/A	4:30 PM	5:30 PM	VVS Volleyball Gym		

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Feb 12, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 13, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 13, 2025	Thu	Practice	N/A	TBD		VVS Volleyball Gym		
Feb 14, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe, VVS Volleyball Gym		
POSTPONED Feb 17, 2025	Mon	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe		
Feb 18, 2025	Tue	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe		
Feb 18, 2025	Tue	Practice	N/A	8:30 AM	10:30 AM	VVS Volleyball Gym		
Feb 20, 2025	Thu	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe		
Feb 20, 2025	Thu	Practice	N/A	8:30 AM	10:30 AM	VVS Volleyball Gym		
Feb 21, 2025	Fri	Practice	N/A	8:30 AM	10:30 AM	VVS MS Cafe		
Feb 24, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 24, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	VVS Volleyball Gym		
Feb 25, 2025	Tue	Post-Season (State Qualifiers)	@ TBD	4:00 PM		OCC - SRC Arena	Departure Time: 2:30 PM	NL
Feb 26, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 26, 2025	Wed	Practice	N/A	TBD		VVS Volleyball Gym		
Feb 27, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 28, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	VVS MS Cafe		
Feb 28, 2025	Fri	Practice	N/A	TBD		VVS Volleyball Gym		
Mar 3, 2025	Mon	Practice	N/A	TBD		VVS Volleyball Gym		
Mar 4, 2025	Tue	Practice	N/A	TBD		VVS Volleyball Gym		
Mar 5, 2025	Wed	Practice	N/A	TBD		VVS Volleyball Gym		
Mar 6, 2025	Thu	Practice	N/A	TBD		VVS Volleyball Gym		
Mar 8, 2025	Sat	Post-Season (States at Ocean Breeze Athletic Complex in Staten Island)	@ TBD	TBD		Ocean Breeze Athletic Complex in Staten Island	Departure Date: Mar 7, 2025 Departure Time: 7:00 AM	NL

Date: 2026-02-20