



West Canada Valley

(G) V Cross Country

Coaches:

- Dan Capron

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 20, 2022	Tue	Regular Season	Mount Markham, Oriskany, Herkimer @ Poland	4:30 PM		TBD	Departure Time: 3:30 PM	L
Sep 28, 2022	Wed	Regular Season	Sherburne-Earlville, Poland, Hamilton, Owen D. Young (Richfield/ODY) @ Waterville	4:30 PM		Waterville H S	Departure Time: 2:45 PM	L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Cooperstown, Central Valley Academy, Oriskany, Fulton, Utica Proctor, Oneida, Herkimer, Holland Patent @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 5, 2022	Wed	Regular Season	New York Mills, Poland, Cooperstown @ Westmoreland	4:30 PM		Westmoreland H S	Departure Time: 2:30 PM	L
Oct 12, 2022	Wed	Regular Season	Clinton, Poland, Dolgeville, Sauquoit Valley @ Little Falls	4:30 PM		Little Falls HS	Departure Time: 3:15 PM	L
Oct 22, 2022	Sat	Regular Season (CSC League Championship at HCCC)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Herkimer, Waterville, Sauquoit Valley, Remsen (Remsen/Town of Webb), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton @ Cooperstown	11:00 AM		Herkimer County CC	Departure Time: 8:30 AM	L

Date: 2022-09-25