



# 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 1, 2023	Fri	Scrimmage	Little Falls	9:00 AM		TBD		NL
Sep 13, 2023	Wed	Regular Season	Oriskany, Dolgeville, Sauquoit Valley, Little Falls @ Westmoreland	4:30 PM		TBD	<b>Departure Time:</b> 3:00 PM	L
Sep 16, 2023	Sat	Regular Season (VVS Invitational)	@ TBD	TBD		TBD	<b>Departure Time:</b> 7:00 AM	L
Sep 21, 2023	Thu	Regular Season	Waterville, Sherburne-Earlville, Hamilton @ Adirondack	4:30 PM		Adirondack HS	<b>Departure Time:</b> 3:00 PM	L
Sep 27, 2023	Wed	Regular Season	Clinton, Poland, Owen D. Young (Richfield/ODY)	4:30 PM		TBD		L
Sep 30, 2023	Sat	Regular Season (EJ Herman Invite @ Proctor Park)	@ TBD	TBD		TBD	<b>Departure Time:</b> 7:00 AM	L
Oct 4, 2023	Wed	Regular Season	Canastota, Herkimer @ Mount Markham	4:30 PM		HS Track	<b>Departure Time:</b> 2:45 PM	L
Oct 7, 2023	Sat	Regular Season (Whitesboro Invitational)	@ TBD	TBD		TBD	<b>Departure Time:</b> 7:00 AM	L
Oct 11, 2023	Wed	Regular Season (Meet will be held at the Deerfield Wilderness Park. 6329 Walker Road Deerfield, NY 13502)	Cooperstown, Remsen @ New York Mills	4:30 PM		N Y Mills J/S HS	<b>Departure Time:</b> 3:00 PM	L
Oct 28, 2023	Sat	Regular Season (Adirondack Invitational)	@ TBD	TBD		TBD	<b>Departure Time:</b> 7:00 AM	L

Date: 2025-12-14