



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 11, 2024	Wed	Scrimmage	Little Falls, Little Falls	4:30 PM		TBD		NL
Sep 18, 2024	Wed	Regular Season	Adirondack, Sherburne-Earlville, Herkimer @ Hamilton	4:30 PM		Colgate Cross Coutry trails	Departure Time: 2:30 PM	L
Sep 25, 2024	Wed	Regular Season	Remsen, Canastota, Dolgeville	4:30 PM		TBD		L
Oct 2, 2024	Wed	Regular Season	TBD, Sauquoit Valley, Poland @ Mount Markham	4:30 PM		HS Track	Departure Time: 2:45 PM	L
Oct 9, 2024	Wed	Regular Season	Westmoreland @ Little Falls	9:00 AM		Little Falls HS	Departure Time: 3:15 PM	L
Oct 16, 2024	Wed	Regular Season	Clinton, Waterville, New York Mills	TBD		TBD		L
Oct 19, 2024	Sat	Meet (Marcellus Invitational)	Vs. Multiple	9:00 AM		Marcellus Park	Departure Time: 6:15 AM	NL
Oct 26, 2024	Sat	Post-Season (Center State Conference Championships)	Clinton, Canastota, Poland, Hamilton, Adirondack, Sherburne-Earlville, Herkimer, Mount Markham, Dolgeville, Little Falls, New York Mills, Remsen, Sauquoit Valley, Waterville @ Westmoreland	11:15 AM		Westmoreland H S	Departure Time: 8:15 AM	L

Date: 2025-12-05