



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 6, 2025	Sat	Practice	N/A	9:00 AM		TBD	Departure Time: 8:00 AM	
Sep 10, 2025	Wed	Regular Season	Cooperstown, Herkimer, Sauquoit Valley	4:30 PM		WCV Cross Country Trail		L
Sep 17, 2025	Wed	Regular Season	Little Falls, Canastota, New York Mills	4:30 PM		WCV Cross Country Trail		NL
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational @ Proctor Park)	@ TBD	9:15 AM		Proctor Park	Departure Time: 8:00 AM	NL
Oct 1, 2025	Wed	Regular Season	Hamilton, Sherburne-Earlville, Waterville, Town of Webb UFSD @ Remsen	4:30 PM	6:30 PM	Remsen Jr/Sr H.S.	Departure Time: 2:45 PM	L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	11:20 AM		Deerfield Town Wilderness Park	Departure Time: 7:45 AM	NL
Oct 8, 2025	Wed	Regular Season	Mount Markham, Poland, Owen D. Young (Richfield/ODY) @ Clinton	4:30 PM	6:30 PM	Kirkland Town Park	Departure Time: 2:45 PM	L
Oct 15, 2025	Wed	Regular Season	Westmoreland, Adirondack @ Dolgeville	4:30 PM		TBD	Departure Time: 3:00 PM	L
Oct 18, 2025	Sat	Meet (Marcellus XC Invitational)	Vs. Multiple	9:00 AM	2:00 PM	Marcellus Park		NL
Oct 25, 2025	Sat	Regular Season (Center State Conference Championship)	Canastota, Clinton, Sherburne-Earlville, Herkimer, Mount Markham, Little Falls, Adirondack, Westmoreland, Waterville, Dolgeville, Poland, Remsen, New York Mills, Hamilton, Owen D. Young (Richfield/ODY), Cooperstown, Town of Webb UFSD @ Sauquoit Valley	10:00 AM		Town Park	Departure Time: 8:00 AM	L
Nov 1, 2025	Sat	Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitational)	Indian River, Pulaski, McQuaid Jesuit, Notre Dame, Utica, Vernon-Verona-Sherrill, DeRuyter, Clinton, Watertown, Hamilton @ Adirondack	9:00 AM		Adirondack HS	Departure Time: 6:30 AM	L
Nov 8, 2025	Sat	Post-Season (Sectional Championship)	@ TBD	TBD		Mount Markham HS	Departure Time: 7:30 AM	NL

Date: 2025-12-05