



# West Canada Valley

## (G) MOD7/8/9 Cross Country

Coaches:

| DATE         | WEEK DAY | TYPE  | OPPONENTS   | START TIME | END TIME | LOCATION         | TRANSPORTATION          | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---|------------|----------|------------------|-------------------------|---------------------|
| Sep 13, 2023 | Wed      | Regular Season  | Sauquoit Valley, Oriskany, Dolgeville, Little Falls @ Westmoreland    | 4:30 PM    |          | TBD              | Departure Time: 3:00 PM | L                   |
| Sep 21, 2023 | Thu      | Regular Season  | Waterville, Sherburne-Earlville, Hamilton @ Adirondack                | 4:30 PM    |          | Adirondack HS    | Departure Time: 3:00 PM | L                   |
| Sep 27, 2023 | Wed      | Regular Season  | Poland, Clinton, Owen D. Young (Richfield/ODY)                        | 4:30 PM    |          | TBD              |                         | L                   |
| Oct 4, 2023  | Wed      | Regular Season  | Canastota, Herkimer @ Mount Markham                                   | 4:30 PM    |          | HS Track         | Departure Time: 2:45 PM | L                   |
| Oct 11, 2023 | Wed      | Regular Season (Meet will be held at the Deerfield Wilderness Park. 6329 Walker Road Deerfield, NY 13502) | Remsen (Remsen/Town of Webb), Cooperstown (Modified) @ New York Mills | 4:30 PM    |          | N Y Mills J/S HS | Departure Time: 3:00 PM | L                   |

Date: 2024-05-04