



# 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 20, 2022	Tue	Regular Season	Mount Markham, Oriskany, Herkimer @ Poland	TBD		TBD	<b>Departure Time:</b> 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	<b>Departure Time:</b> 2:45 PM	L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Notre Dame, Utica, Corcoran (Syracuse West), Rome Free Academy, Oneonta, Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Liverpool, Cooperstown (Modified), Central Valley Academy, Oriskany, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Herkimer, South Lewis, Oneida, Central Square, Remsen (Remsen/Town of Webb) @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 5, 2022	Wed	Regular Season	New York Mills, Poland, Cooperstown (Modified) @ Westmoreland	4:30 PM		Westmoreland H S	<b>Departure Time:</b> 2:30 PM	L
Oct 12, 2022	Wed	Regular Season	Poland, Dolgeville, Sauquoit Valley, Clinton @ Little Falls	4:30 PM		Little Falls HS	<b>Departure Time:</b> 3:00 PM	L
Oct 22, 2022	Sat	Regular Season	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 (Modified)	11:00 AM		Herkimer County CC	<b>Departure Time:</b> 8:30 AM	L

Date: 2022-10-04