



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
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: 2024-05-06