

Coaches:

# West Canada Valley

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2019	Wed	Regular Season	Poland, Remsen (Remsen/Town of Webb), Canastota @ Adirondack	4:30 PM		TBD		L
Sep 18, 2019	Wed	Regular Season	Oriskany, Sauquoit Valley, Poland @ Herkimer	4:30 PM		Herkimer County CC		L
Sep 25, 2019	Wed	Regular Season (@ Sherburne)	Hamilton, Waterville, Holland Patent, Sherburne-Earlville @ Poland	4:30 PM		TBD		L
Oct 16, 2019	Wed	Regular Season	Clinton, Poland, Little Falls, Mount Markham	4:30 PM		TBD		L
Oct 19, 2019	Sat	Regular Season	New York Mills, Poland, Sauquoit Valley, Little Falls, Clinton, Cooperstown (Modified), Herkimer, Westmoreland, Sherburne-Earlville, Adirondack, Holland Patent, Remsen (Remsen/Town of Webb), Mount Markham, Oriskany, Hamilton, Waterville, Canastota @ TBD	10:20 AM		Kirkland Town Park		L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		NL

Date: 2024-05-08