



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 11, 2019 | Wed | Regular Season | Poland, Remsen, 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, 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: 2026-03-14