



West Canada Valley

(B) V Cross Country

Coaches:

- Dan Capron, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2019	Sat	Regular Season (INVITE)	@ Fort Plain	TBD		TBD			NL
Sep 11, 2019	Wed	Regular Season	Poland, Remsen (Remsen), Town of Webb UFSD (Town of Webb), Canastota @ Adirondack	4:30 PM		Track	Bus/Driver: West Canada Valley CSD	Departure Time: 3:00 PM	L
Sep 18, 2019	Wed	Regular Season	Poland, Sauquoit Valley, Oriskany @ Herkimer	4:30 PM		TBD	Bus/Driver: West Canada Valley CSD	Departure Time: 3:30 PM	L
Sep 25, 2019	Wed	Regular Season	Holland Patent, Hamilton, Waterville, Sherburne-Earlville @ Poland	4:30 PM		TBD	Bus/Driver: West Canada Valley CSD	Departure Time: 3:30 PM	L
Oct 2, 2019	Wed	Regular Season	Cooperstown (Cooperstown/Milford), Poland, New York Mills @ Westmoreland	4:30 PM		Upper Elem/MS Gym		Departure Time: 3:00 PM	L
Oct 16, 2019	Wed	Regular Season	Clinton, Poland, Little Falls, Dolgeville, Mount Markham	4:30 PM		TBD			L
Oct 19, 2019	Sat	Regular Season	Adirondack, Poland, Remsen (Remsen), Town of Webb UFSD (Town of Webb), Sauquoit Valley, Clinton, Westmoreland, Holland Patent, Little Falls, Dolgeville, Cooperstown (Cooperstown/Milford), Sherburne-Earlville, Hamilton, Oriskany, New York Mills, Herkimer, Mount Markham, Waterville, Canastota @ TBD	11:20 AM		Kirkland Town Park	Bus/Driver: West Canada Valley CSD	Departure Time: 7:45 PM	L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS			NL
Oct 26, 2019	Sat	Regular Season	Clinton, Poland, Dolgeville, Mount Markham @ Little Falls	4:30 PM		Little Falls HS			L
Oct 30, 2019	Wed	Scrimmage	Little Falls	4:15 PM		TBD			NL

Date: 2026-05-10