



# West Canada Valley

## (B) V Cross Country

### Coaches:

- Dan Capron, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2022	Wed	Regular Season	Remsen (Remsen), Canastota, Adirondack, Poland	4:30 PM		TBD		L
Sep 20, 2022	Tue	Regular Season	Mount Markham, Oriskany, Herkimer @ Poland	4:30 PM		TBD	<b>Departure Time:</b> 3:30 PM	L
Sep 24, 2022	Sat	Regular Season (EJ Herman Invite @ Proctor Park)	TBD	TBD		TBD		NL
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)	Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Adirondack, Cooperstown (Cooperstown/Milford), Central Valley Academy, Oriskany, Fulton, Mount Markham, Utica Proctor, Herkimer, Hamilton, Holland Patent, Oneida, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 5, 2022	Wed	Regular Season	New York Mills, Poland, Cooperstown (Cooperstown/Milford) @ Westmoreland	4:30 PM		Westmoreland H S	<b>Departure Time:</b> 2:30 PM	L
Oct 12, 2022	Wed	Regular Season	Clinton, Poland, Dolgeville, Sauquoit Valley @ Little Falls	4:30 PM		Little Falls HS	<b>Departure Time:</b> 3:15 PM	L
Oct 22, 2022	Sat	Regular Season (CSC League Championship at Herkimer Community College)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Waterville, Sauquoit Valley, Remsen (Remsen), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton, Cooperstown (Cooperstown/Milford) @ Herkimer	10:00 AM		Herkimer County CC	<b>Departure Time:</b> 8:30 AM	L

Date: 2025-12-18