



# 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 1, 2023  | Fri      | Scrimmage   | Little Falls  | 9:00 AM    |          | TBD              |                                | NL                  |
| Sep 13, 2023 | Wed      | Regular Season  | Oriskany, Dolgeville, Sauquoit Valley, Little Falls @ Westmoreland  | 4:30 PM    |          | Westmoreland H S | <b>Departure Time:</b> 3:00 PM | L                   |
| Sep 16, 2023 | Sat      | Regular Season (VVS Invitational)   | @ TBD   | TBD        |          | TBD              | <b>Departure Time:</b> 7:00 AM | L                   |
| Sep 21, 2023 | Thu      | Regular Season  | Waterville, Sherburne-Earlville, Hamilton @ Adirondack              | 4:30 PM    |          | Adirondack HS    | <b>Departure Time:</b> 3:00 PM | L                   |
| Sep 27, 2023 | Wed      | Regular Season  | Clinton, Poland, Owen D. Young (Richfield/ODY)                      | 4:30 PM    |          | TBD              |                                | L                   |
| Sep 30, 2023 | Sat      | Regular Season (EJ Herman Invite @ Proctor Park)  | @ TBD   | TBD        |          | TBD              | <b>Departure Time:</b> 7:00 AM | L                   |
| Oct 4, 2023  | Wed      | Regular Season  | Canastota, Herkimer @ Mount Markham                                 | 4:30 PM    |          | HS Track         | <b>Departure Time:</b> 2:45 PM | L                   |
| Oct 7, 2023  | Sat      | Regular Season (Whitesboro Invitational)  | @ TBD   | TBD        |          | TBD              | <b>Departure Time:</b> 7:00 AM | L                   |
| Oct 11, 2023 | Wed      | Regular Season (Meet will be held at the Deerfield Wilderness Park. 6329 Walker Road Deerfield, NY 13502) | Cooperstown (Cooperstown/Milford), Remsen (Remsen) @ New York Mills | 4:30 PM    |          | N Y Mills J/S HS | <b>Departure Time:</b> 3:00 PM | L                   |
| Oct 28, 2023 | Sat      | Regular Season (Adirondack Invitational)  | @ TBD   | TBD        |          | TBD              | <b>Departure Time:</b> 7:00 AM | L                   |

Date: 2025-12-05