



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 11, 2024	Wed	Scrimmage	Little Falls, Little Falls	4:30 PM		TBD		NL
Sep 18, 2024	Wed	Regular Season	Adirondack, Sherburne-Earlville, Herkimer @ Hamilton	4:30 PM		Colgate Cross Coutry trails	Departure Time: 2:30 PM	L
Sep 25, 2024	Wed	Regular Season	Remsen (Remsen), Canastota, Dolgeville	4:30 PM		TBD		L
Oct 2, 2024	Wed	Regular Season	Cooperstown (Cooperstown/Milford), Sauquoit Valley, Poland @ Mount Markham	4:30 PM		HS Track	Departure Time: 2:45 PM	L
Oct 9, 2024	Wed	Regular Season	Westmoreland @ Little Falls	4:30 PM		Little Falls HS	Departure Time: 3:15 PM	L
Oct 16, 2024	Wed	Regular Season	Clinton, Waterville, New York Mills	TBD		TBD		L
Oct 19, 2024	Sat	Meet (Marcellus Invitational)	Vs. Multiple	9:00 AM		TBD	Departure Time: 6:15 AM	NL
Oct 26, 2024	Sat	Regular Season (Center State Conference Championships)	Adirondack, Canastota, Clinton, Sherburne-Earlville, Mount Markham, Little Falls, Waterville, Sauquoit Valley, Cooperstown (Cooperstown/Milford), Herkimer, Dolgeville, Poland, Town of Webb UFSD (Town of Webb), New York Mills, Hamilton @ Westmoreland	12:00 PM		Westmoreland H S	Departure Time: 8:15 AM	L

Date: 2026-03-06