



West Canada Valley

(B) 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, Canastota, Remsen (Remsen) @ 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)	Waterville, Hamilton, Sherburne-Earlville, Holland Patent @ 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 (CSC Champion meet)	Adirondack, Poland, Sauquoit Valley, Clinton, Westmoreland, Holland Patent, Little Falls, Cooperstown (Modified), New York Mills, Herkimer, Oriskany, Waterville, Hamilton, Mount Markham, Remsen (Remsen), Canastota @ TBD	10:00 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: 2026-01-20