



# 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 14, 2022	Wed	Regular Season	Remsen (Remsen), Canastota, Adirondack, Poland	TBD		TBD		L
Sep 20, 2022	Tue	Regular Season	Mount Markham, Oriskany, Herkimer @ Poland	TBD		TBD	Departure Time: 3:30 PM	L
Sep 28, 2022	Wed	Regular Season	Sherburne-Earlville, Poland, Hamilton, Owen D. Young (Richfield/ODY) @ Waterville	4:30 PM		Waterville H S	Departure Time: 2:45 PM	L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Rome Free Academy, Notre Dame, Utica, Corcoran (Syracuse West), Oneonta, New York Mills, New Hartford, Westmoreland, Adirondack, Hamilton, Cooperstown (Modified), Liverpool, Central Valley Academy, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Oriskany, South Lewis, Oneida, Central Square, Remsen (Remsen) @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 5, 2022	Wed	Regular Season	New York Mills, Poland, Cooperstown (Modified) @ Westmoreland	4:30 PM		Westmoreland H S	Departure Time: 2:30 PM	L
Oct 12, 2022	Wed	Regular Season	Poland, Dolgeville, Sauquoit Valley, Clinton @ Little Falls	4:30 PM		Little Falls HS	Departure Time: 3:00 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, TBD @ TBD	10:00 AM		Herkimer County CC	Departure Time: 8:30 AM	L

Date: 2025-12-19