



Westmoreland

(B) 7/8TH Cross Country

Coaches:

- Katie DeCarolus, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2022	Wed	Regular Season	Mount Markham, Owen D. Young (Richfield/ODY) @ Clinton	4:30 PM		Clinton HS	Departure Time: 3:15 PM	L
Sep 21, 2022	Wed	Regular Season	Dolgeville, Little Falls, Waterville, Canastota	4:30 PM		Westmoreland H S		L
Sep 24, 2022	Sat	Regular Season (EJ HERMAN)	@ TBD	9:30 AM		Proctor Park , Utica	Departure Time: 7:45 AM	L
Sep 28, 2022	Wed	Regular Season	Remsen (Remsen/Town of Webb), Sauquoit Valley @ Oriskany	4:30 PM	5:30 PM	Bernie Block Field @ Walbran Elementary	Departure Time: 7:30 AM	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, Adirondack, Hamilton, Cooperstown (Modified), Liverpool, Central Valley Academy, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Oriskany, South Lewis, Oneida, Central Square, Remsen (Remsen/Town of Webb) @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park	Departure Time: 7:15 AM	NL
Oct 5, 2022	Wed	Regular Season	New York Mills, West Canada Valley, Poland, Cooperstown (Modified)	4:30 PM		Westmoreland H S		L
Oct 12, 2022	Wed	Regular Season	Adirondack, Sherburne-Earlville, Hamilton @ Herkimer	4:30 PM		Herkimer County CC	Departure Time: 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 22, 2022	Sat	Regular Season (CSC League Championship at Herkimer Community College)	Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen/Town of Webb), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton, TBD @ TBD	10:00 AM		Herkimer County CC	Departure Time: 9:00 AM	L

Date: 2024-05-22