



# Westmoreland

## (G) 7/8TH Cross Country

### Coaches:

- Katie DeCarolis, 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                              | <b>Departure Time:</b> 3:15 PM | L                   |
| Sep 21, 2022 | Wed      | Regular Season   | Dolgeville, Little Falls, Waterville, Canastota   | 4:30 PM    |          | Westmoreland H S                        |                                | 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 | <b>Departure Time:</b> 7:30 AM | L                   |
| Oct 1, 2022  | Sat      | Regular Season (Whitesboro Cross country Invitational) | Notre Dame, Utica, Corcoran (Syracuse West), Rome Free Academy, Oneonta, New York Mills, New Hartford, Adirondack, Hamilton, Liverpool, Cooperstown (Modified), Central Valley Academy, Oriskany, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Herkimer, South Lewis, Oneida, Central Square, Remsen (Remsen/Town of Webb) @ Whitesboro | 9:00 AM    |          | Deerfield Town Wilderness Park          |                                | 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                      | <b>Departure Time:</b> 2:30 PM | L                   |
| Oct 22, 2022 | Sat      | Regular Season   | Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Herkimer, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen/Town of Webb), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton @ Cooperstown (Modified)   | 11:00 AM   |          | Herkimer County CC                      |                                | L                   |

Date: 2024-05-18