



# Oneonta

## (G) V Cross Country

### Coaches:

- Dan Forbes, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2022	Sat	Regular Season (David "Flash" Forbes Invitational)	Edmeston (Edmeston/Morris)	9:00 AM		Fortin Park		L
Sep 10, 2022	Sat	Regular Season (Oneonta Invitational)	Gilbertsville-Mount Upton (UV/GMU)	10:00 AM		Fortin Park		NL
Sep 10, 2022	Sat	Regular Season (Dave "Flash" Forbes Invite Fortin Park)	Deposit (Deposit-Hancock)	10:00 AM		Fortin Park		NL
Sep 10, 2022	Sat	Regular Season (Dave "Flash" Forbes Invite)	TBD	10:00 AM		Fortin Park		L
Sep 17, 2022	Sat	Regular Season (New Hartford invitational)	Whitesboro, Adirondack, Central Valley Academy, Canastota, Utica Proctor, TBD @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 17, 2022	Sat	Regular Season	@ New Hartford	9:00 AM		Cross Country Course (Perry JH)	<b>Departure Date:</b> Sep 17, 2022 <b>Departure Time:</b> 6:30 AM	NL
Sep 24, 2022	Sat	Regular Season (EJ Herrmann Invite)	@ Utica Proctor	9:30 AM		Proctor Park	<b>Departure Date:</b> Sep 24, 2022 <b>Departure Time:</b> 6:30 AM	NL
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Cooperstown, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Utica Proctor, Oneida, Herkimer, Holland Patent, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park	<b>Departure Time:</b> 6:30 AM	NL
Oct 8, 2022	Sat	Regular Season (Rome Coughlin Invite)	@ Rome Free Academy	11:00 AM		RFA Cross Country Course	<b>Departure Date:</b> Oct 8, 2022 <b>Departure Time:</b> 8:00 AM	NL
Oct 11, 2022	Tue	Regular Season (STAC East Division Championship)	Susquehanna Valley, Windsor @ Norwich	4:30 PM	6:30 PM	NHS Hallways	<b>Departure Time:</b> 2:30 PM	L

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Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Niskayuna High School, Schenectady High School, South Glens Falls, Saratoga Springs High School, Granville (Granville-Whitehall-Hartford), Shaker High School, Schuylerville, Guilderland High School, Ballston Spa High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Departure Time:</b> 6:30 AM	L
CANCELLED Oct 15, 2022	Sat	Regular Season (Burnt Hills Invite)	South Glens Falls @ TBD	9:00 AM		Saratoga Spa State Park	<b>Departure Date:</b> Oct 15, 2022 <b>Departure Time:</b> 6:30 AM	NL
Oct 22, 2022	Sat	Regular Season (STAC )	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, TBD, Chenango Valley, Seton Catholic Central, Norwich, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM	2:00 PM	Owego Free Academy		L
Oct 29, 2022	Sat	Regular Season (Battle of Hynes Hill Endicott)	@ TBD	9:00 AM		TBD	<b>Departure Date:</b> Oct 29, 2022 <b>Departure Time:</b> 6:45 AM	NL
Nov 3, 2022	Thu	Post-Season (Sectionals Chen Valley State Park)	@ TBD	10:00 AM		TBD		NL
Nov 12, 2022	Sat	Post-Season (State Championship at VVS)	@ TBD	10:00 AM		TBD		NL

Date: 2026-01-16