



# Oneonta

## (B) 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)	TBD	10:00 AM		Fortin Park		L
Sep 10, 2022	Sat	Regular Season (Oneonta Invitational)	TBD	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 17, 2022	Sat	Regular Season (New Hartford Invite)	@ 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, Cooperstown (Cooperstown/Milford), Central Valley Academy, Oriskany, West Canada Valley, Fulton, Mount Markham, Utica Proctor, Herkimer, Hamilton, Holland Patent, Oneida, 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
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invite)	@ TBD	9:00 AM		Saratoga Spa State Park	<b>Departure Date:</b> Oct 15, 2022 <b>Departure Time:</b> 6:30 AM	NL

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Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Saratoga Springs High School, Niskayuna High School, Schenectady High School, South Glens Falls, Granville (Granville-Whitehall-Hartford), Schuylerville, Shaker High School, 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
Oct 22, 2022	Sat	Regular Season (STAC )	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Maine-Endicott, Union-Endicott, Chenango Valley, Seton Catholic Central, Norwich, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM		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: 2025-12-24