



Vestal

(G) V Cross Country

Coaches:

- Stephen Marcin, Head Coach
- Mike Olson, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Aug 19, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 20, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 21, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 22, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 23, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 24, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 26, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 27, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 28, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 29, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Aug 31, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium	
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium	
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium	
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium	
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium	
Sep 7, 2024	Sat	Regular Season (Flash Forbes Invitational)	@ TBD	TBD		Fortin Park, Oneonta	Departure Time: 7:30 AM Return Date: L Return Time: 1:30 PM
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 13, 2024	Fri	Regular Season (Owego Invitational)	@ TBD	TBD		Owego High School	Departure Time: 5:00 PM Return Date: L Return Time: 8:30 PM	
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 21, 2024	Sat	Regular Season (Conwickie Stock Invitational)	@ TBD	TBD		Ann McGuiness	Departure Time: 9:00 AM Return Date: L Return Time: 1:30 PM	
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 24, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 27, 2024	Fri	Regular Season (Pete Matzke)	@ TBD	TBD		Maine Memorial Elementary	Departure Time: 3:30 PM Return Date: L Return Time: 8:30 PM	
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	TBD		Genesee Valley Park, Rochester	Departure Time: 6:30 AM Return Date: L Return Time: 8:00 PM	
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		

Date	Week Day	Type	Opponents	Start Time	End Time	Location	Transportation / Non-League	
							Bus	Car
Oct 1, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 5, 2024	Sat	Regular Season (McDaniel Baxter Invitational)	@ TBD	TBD		Chenango Valley High School	Departure Time: 7:30 AM	Return Date: Return Time: 12:30 PM
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 8, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 11, 2024	Fri	Regular Season (Bob Greene Invitational)	@ TBD	TBD		Newark Valley High School	Departure Time: 2:30 PM	Return Date: Return Time: 8:30 PM
Oct 13, 2024	Sun	Regular Season (Manhattan Invitational)	@ TBD	TBD		VanCortland Park NYC	Departure Time: 6:00 AM	Return Date: Return Time: 7:00 PM
Oct 14, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 15, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	TBD		Appleby Elementary	Departure Time: 7:00 AM	Return Date: Return Time: 1:30 PM
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 21, 2024	Mon	Regular Season (Pumpkin Run)	@ TBD	TBD		Arnold Park	Departure Time: 3:00 PM	L
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning-Painted Post, Elmira, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Chenango Valley, Owego Apalachin, TBD, Seton Catholic Central, Waverly, Norwich, Susquehanna Valley, Windsor @ Oneonta	12:00 PM		Fortin Park		NL
							Departure Time: 9:00 AM Return Date: L Return Time: 1:00 PM	
Oct 26, 2024	Sat	Regular Season (STAC Championship)	@ TBD	TBD		Fortin Park, Oneonta		
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 6, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 7, 2024	Thu	Regular Season (Sectionals (State Qualifiers))	@ TBD	TBD		Chenango Valley State Park	Departure Time: 11:00 AM Return Date: L Return Time: 5:00 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 12, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 13, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 14, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 16, 2024	Sat	Regular Season (NYSPHSAA State Championship)	@ TBD	TBD	TBD	Vestal Dick Hoover Stadium	Departure Date: Nov 15, 2024	
							Departure Time: 11:00 AM	Return Date: Nov 16, 2024
Nov 18, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 19, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 20, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 21, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Nov 23, 2024	Sat	Regular Season (NY Federation Championship)	@ TBD	TBD	Bowdoin Park, Poughkeepsie	Vestal Dick Hoover Stadium	Departure Date: Nov 22, 2024	
							Departure Time: 12:00 PM	Return Date: Nov 23, 2024
								Return Time: 5:00 PM

Date: 2026-01-28