



# Vestal

## (G) 7/8TH Cross Country

### Coaches:

- Ron O'Shea, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 3, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Baseball Field		
Mar 4, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 8, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 9, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 10, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 11, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 12, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 15, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 16, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 17, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 18, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 19, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 22, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 23, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 24, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 25, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 26, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 29, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 30, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 30, 2021	Tue	Regular Season	Union-Endicott, TBD, Norwich, Johnson City @ Maine-Endwell	3:30 PM	6:30 PM	Maine Memorial ES		L
Mar 31, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Apr 6, 2021	Tue	Regular Season	TBD	4:30 PM		Arnold Park		L
Apr 17, 2021	Sat	Meet (Jr. High End of Season Meet)	Vs. Multiple	9:00 AM		Ann G McGuinness Elementary Cross Country Course		NL

Date: 2025-12-16