



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
Sep 7, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 8, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 9, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 10, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 10, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 13, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 14, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 15, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 16, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 17, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 20, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 21, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 22, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 23, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 24, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 27, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 28, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 29, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 30, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 1, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 4, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 5, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 6, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 7, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 8, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
CANCELLED Oct 11, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 12, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		

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Oct 13, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 14, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 15, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 18, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 19, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 20, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 21, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 22, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 25, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 26, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 27, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 28, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 29, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 29, 2021	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		

Date: 2025-12-15