



# 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
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	9:30 AM	Vestal Dick Hoover Stadium		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	9:30 AM	Vestal Dick Hoover Stadium		
Aug 31, 2022	Wed	Practice	N/A	8:00 AM	9:30 AM	Vestal Dick Hoover Stadium		
Sep 1, 2022	Thu	Practice	N/A	8:00 AM	9:30 AM	Vestal Dick Hoover Stadium		
Sep 6, 2022	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Sep 7, 2022	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Sep 8, 2022	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Sep 12, 2022	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Sep 14, 2022	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		

Date: 2024-05-20