



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 28, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Aug 30, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Aug 31, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Sep 5, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 6, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 7, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 8, 2023	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 12, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 13, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 14, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 15, 2023	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 18, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 20, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 21, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 25, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 26, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 27, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 28, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 29, 2023	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 2, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 3, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 4, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 5, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 6, 2023	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 10, 2023	Tue	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 11, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 12, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 13, 2023	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 16, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 17, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 18, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 19, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 20, 2023	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 23, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 24, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 25, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 26, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 27, 2023	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 30, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 31, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		

Date: 2025-12-15