



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 25, 2025	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 26, 2025	Tue	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 27, 2025	Wed	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 28, 2025	Thu	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
CANCELLED Sep 1, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 2, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 4, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 5, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 6, 2025	Sat	Regular Season (Flash Forbes Invitational)	@ TBD	9:00 AM		Fortin Park, Oneonta		L
Sep 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 11, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 12, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 13, 2025	Sat	Regular Season (Conwicke Stock Invitational)	TBD	9:00 AM		Arnold Park		L
Sep 15, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 16, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 17, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 18, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 19, 2025	Fri	Regular Season (Owego Invitational)	@ TBD	4:00 PM		Owego High School		L
Sep 22, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 23, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 24, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 25, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 26, 2025	Fri	Regular Season (Pete Matzke Invitational)	@ TBD	4:00 PM		Maine Memorial Elementary		L
Sep 27, 2025	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park, Rochester		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE / NON-LEAGUE
Sep 29, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 30, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 1, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 2, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 3, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 4, 2025	Sat	Regular Season (Baxter Invitational)	@ TBD	9:00 AM		Chenango Valley High School		L
CANCELLED Oct 6, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 7, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 8, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 9, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 10, 2025	Fri	Regular Season (Bob Greene Invitational)	@ TBD	4:00 PM		Newark Valley High School		L
Oct 13, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 14, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 15, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 16, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 17, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 18, 2025	Sat	Regular Season (Marathon Invitational)	@ TBD	9:00 AM		Appleby Elementary		L
Oct 20, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 20, 2025	Mon	Practice	N/A	3:00 PM	6:00 PM	Arnold Park		
Oct 20, 2025	Mon	Regular Season (Pumpkin Run)	TBD	4:00 PM		Arnold Park		L
Oct 21, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 22, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 23, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 24, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 25, 2025	Sat	Regular Season (STAC Championship Meet)	@ TBD	9:00 AM		Ann McGuiness		L

Date: 2026-05-11