



# Vestal

## (B) V Cross Country

### Coaches:

- Stephen Marcin, Head Coach
- Mike Olson, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 22, 2023	Tue	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 23, 2023	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 24, 2023	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 25, 2023	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 28, 2023	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 29, 2023	Tue	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 30, 2023	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 31, 2023	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Sep 1, 2023	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Sep 9, 2023	Sat	Regular Season (Forbes Invitational)	@ TBD	TBD		Oneonta	Departure Time: 7:20 AM	L
Sep 16, 2023	Sat	Regular Season (McDaniel/Baxter Invitational)	@ TBD	9:15 AM		Chenango Valley High School	Departure Time: 8:00 AM	NL
Sep 23, 2023	Sat	Regular Season (Owego Invitational)	@ TBD	10:00 AM		Owego High School	Departure Time: 8:00 AM	NL
Sep 29, 2023	Fri	Regular Season (Pete Matzke Invitational)	@ TBD	TBD		Maine Memorial Elementary		NL
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park, Rochester	Departure Date: Sep 29, 2023 Departure Time: 11:00 AM	NL
Oct 7, 2023	Sat	Regular Season (Stock-Conwicke Invitational)	TBD	TBD		Arnold Park		NL
Oct 14, 2023	Sat	Regular Season (JV-Marathon Invitational)	@ TBD	12:00 AM		Appleby Elementary	Departure Time: 6:00 AM	NL
Oct 14, 2023	Sat	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM		VanCortland Park NYC	Departure Time: 6:00 AM	NL
Oct 21, 2023	Sat	Regular Season (STAC Division Championship)	@ TBD	TBD		Ann McGuiness	Departure Time: 8:00 AM	NL
Nov 2, 2023	Thu	Post-Season (State Qualifiers)	TBD	TBD		Chenango Valley State Park	Departure Time: 10:15 AM	NL
Nov 11, 2023	Sat	Post-Season (State Championships)	TBD	TBD		Vernon Verona Sherrill	Departure Date: Nov 10, 2023 Departure Time: 12:15 PM	NL

Date: 2024-05-19