



# 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		
Oct 7, 2023	Sat	Regular Season (Stock-Conwicke Invitational)	TBD	TBD		Arnold Park		NL
Nov 2, 2023	Thu	Post-Season (State Qualifiers)	TBD	TBD		Chenango Valley State Park	<b>Departure Time:</b> 10:15 AM	NL
Nov 11, 2023	Sat	Post-Season (State Championships)	TBD	TBD		Vernon Verona Sherrill	<b>Departure Date:</b> Nov 10, 2023 <b>Departure Time:</b> 12:15 PM	NL

Date: 2024-05-06