



# 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 22, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 31, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Sep 1, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Sep 10, 2022	Sat	Regular Season (Vernon Verona Sherrill High School)	@ TBD	8:15 AM		Vernon Verona Sherrill	<b>Departure Time:</b> 5:45 AM	L
Sep 17, 2022	Sat	Regular Season (McDaniel/Baxter Invitational)	@ TBD	9:15 AM		Chenango Valley High School	<b>Departure Time:</b> 8:15 AM	NL
Sep 21, 2022	Wed	Regular Season (Stock-Conwicke Invitational)	@ TBD	4:00 PM		Ann McGuiness	<b>Departure Time:</b> 1:45 PM	NL
Sep 24, 2022	Sat	Regular Season (Owego Invitational)	@ TBD	10:00 AM		Owego High School	<b>Departure Time:</b> 8:00 AM	NL
Sep 30, 2022	Fri	Regular Season (Pete Matzke Invitational)	@ TBD	4:00 PM		Maine Memorial Elementary	<b>Departure Time:</b> 3:00 PM	NL
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		Genesee Valley Park, Rochester	<b>Departure Time:</b> 6:15 AM	NL
Oct 4, 2022	Tue	Regular Season (STAC Division Championship)	@ TBD	TBD		Maine Memorial Elementary	<b>Departure Time:</b> 3:00 PM	NL
Oct 8, 2022	Sat	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM		VanCortland Park NYC	<b>Departure Time:</b> 8:30 AM	NL
Oct 15, 2022	Sat	Regular Season (Marathon Invitational)	@ TBD	TBD		Appleby Elementary	<b>Departure Time:</b> 7:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2022	Sat	Regular Season (STAC)	@ TBD	11:00 AM		Pheasant Hill Golf Course, Owego	<b>Departure Time:</b> 7:00 AM	L
Nov 3, 2022	Thu	Post-Season (State Qualifiers)	@ TBD	TBD		Chenango Valley State Park	<b>Departure Time:</b> 10:00 AM	NL
Nov 11, 2022	Fri	Post-Season (State Championships)	@ TBD	TBD		Vernon Verona Sherrill	<b>Departure Time:</b> 12:30 PM	NL
Nov 18, 2022	Fri	Post-Season (Federation Championship)	@ TBD	TBD		Bowdoin Park, Poughkeepsie	<b>Departure Time:</b> 11:30 PM	NL
Nov 25, 2022	Fri	Post-Season	@ TBD	TBD		Bowdoin Park, Poughkeepsie	<b>Departure Time:</b> 12:30 PM	NL

Date: 2024-05-11