



Vestal

(B) 7/8TH Cross Country

Coaches:

- Ron O'Shea

| 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 9, 2023 | Sat | Regular Season (Forbes Invitational) | @ TBD | TBD | | Oneonta | Departure Time: 9:30 AM Return Date: Return Time: 1:15 PM | NL |
| 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 16, 2023 | Sat | Regular Season (McDaniel Baxter Invit) | @ TBD | TBD | | Chenango Valley High School | Departure Time: 7:45 AM | NL |
| 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 23, 2023 | Sat | Regular Season (Owego Invitational) | @ TBD | TBD | | Owego High School | Departure Time: 7:15 AM | NL |
| 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 | | |
| Sep 29, 2023 | Fri | Regular Season (Pete Matzke Invitational) | @ TBD | TBD | | Maine Endwell High School | Departure Time: 2:20 PM | NL |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|--------------------------------|-------------------------|---------------------|
| Sep 30, 2023 | Sat | Regular Season (McQuaid Invittional) | @ TBD | TBD | | Genesee Valley Park, Rochester | | NL |
| 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 7, 2023 | Sat | Regular Season (Stock-Conwicke Invitational) | TBD | TBD | | Arnold Park | | NL |
| Oct 9, 2023 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Oct 10, 2023 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| 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 14, 2023 | Sat | Regular Season (Marathon Invitational) | @ TBD | TBD | | Marathon High School | Departure Time: 7:10 AM | NL |
| 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 21, 2023 | Sat | Regular Season (STAC) | @ TBD | TBD | | Ann McGuiness | Departure Time: 7:20 AM | NL |
| 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 28, 2023 | Sat | Regular Season (Battle of Hynes Hill Invit) | @ TBD | TBD | | Ann McGuiness | Departure Time: 3:15 PM | NL |
| 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 | | |