



# 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	<b>Departure Time:</b> 9:30 AM <b>Return Date:</b> <b>Return Time:</b> 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	<b>Departure Time:</b> 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	<b>Departure Time:</b> 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	<b>Departure Time:</b> 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		

Date: 2025-12-13