



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, 2024	Wed	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Aug 29, 2024	Thu	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 7, 2024	Sat	Regular Season (Flash Forbes Invitational)	@ TBD	TBD		Fortin Park, Oneonta	Departure Time: 7:30 AM Return Date: L Return Time: 2:00 PM	
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 13, 2024	Fri	Regular Season (Owego Invitational)	@ TBD	TBD		Owego High School	Departure Time: 4:30 PM Return Date: L Return Time: 8:00 PM	
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 21, 2024	Sat	Regular Season (Conwicke Stock Invitational)	@ TBD	TBD		Ann McGuiness	Departure Time: 8:30 AM Return Date: Return Time: 12:45 PM	L
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 24, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Sep 27, 2024	Fri	Regular Season (Pete Matzke M-E Invitational)	@ TBD	TBD		Maine Memorial Elementary	Departure Time: 3:30 PM Return Date: Return Time: 8:30 PM	L
Sep 28, 2024	Sat	Regular Season (McQuiad Invitational)	@ TBD	TBD		Genesee Valley Park, Rochester	Departure Time: 6:30 AM Return Date: Return Time: 8:00 PM	L
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 1, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 5, 2024	Sat	Regular Season (McDaniel Baxter Invitational)	@ TBD	TBD		Chenango Valley High School	Departure Time: 7:30 AM Return Date: Return Time: 12:30 PM	L
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 8, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		

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Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 11, 2024	Fri	Regular Season (Bob Greene Invitational)	@ TBD	TBD		Newark Valley High School	Departure Time: 2:30 PM Return Date: Return Time: 8:30 PM	L
Oct 15, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	TBD		Appleby Elementary	Departure Time: 7:00 AM Return Date: Return Time: 1:30 PM	L
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning High, Elmira, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Chenango Valley, Owego Apalachin, Seton Catholic Central, Norwich, Susquehanna Valley, Windsor, TBD @ Oneonta	12:00 PM		TBD		NL
Oct 26, 2024	Sat	Regular Season (STAC Championship)	@ TBD	TBD		Fortin Park, Oneonta	Departure Time: 8:00 AM Return Date: Return Time: 12:00 PM	L
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal Dick Hoover Stadium		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	4:15 PM	Vestal Dick Hoover Stadium		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	4:15 PM	Vestal Dick Hoover Stadium		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	4:00 PM	Vestal Dick Hoover Stadium		
Nov 2, 2024	Sat	Regular Season (Battle of Hynes Hill)	@ TBD	TBD		Ann McGuinness	Departure Time: 7:30 AM Return Date: L Return Time: 1:00 PM	

Date: 2025-12-15