

# Canastota

## (G) V Cross Country

### Coaches:

- Tabitha Gaglianese-White, Head Coach, Head Coach
- Jennifer Nolan, Assistant Coach, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2022	Sat	Regular Season	@ Vernon-Verona-Sherrill	TBD		Cross Country Course	<b>Departure Time:</b> 1:00 PM	L
Sep 14, 2022	Wed	Regular Season	Remsen (Remsen/Town of Webb), Adirondack, Poland @ West Canada Valley	4:30 PM		WC High School	<b>Departure Time:</b> 2:45 PM	L
Sep 17, 2022	Sat	Regular Season (New Hartford invitational)	Whitesboro, Adirondack, Central Valley Academy, Oneonta, Utica Proctor, TBD @ New Hartford	9:00 AM		Cross Country Course (Perry JH)	<b>Departure Time:</b> 7:45 AM	NL
Sep 21, 2022	Wed	Regular Season	Dolgeville, Little Falls, Waterville @ Westmoreland	4:30 PM		Westmoreland H S	<b>Departure Time:</b> 3:00 PM	L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail	<b>Departure Time:</b> 8:00 AM	L
Sep 28, 2022	Wed	Regular Season	Clinton, Herkimer @ Cooperstown	4:30 PM		Clarks Tower	<b>Departure Time:</b> 2:15 PM	L
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		Genesee Valley Park, Rochester	<b>Departure Time:</b> 7:30 AM	NL
Oct 5, 2022	Wed	Regular Season	Sauquoit Valley, Sherburne-Earlville, Mount Markham @ Hamilton	4:30 PM		Colgate Cross Country trails	<b>Departure Time:</b> 3:00 PM	L
Oct 8, 2022	Sat	Regular Season (Rome Coughlin Invitational)	@ Rome Free Academy	TBD		TBD	<b>Departure Time:</b> 9:30 AM	NL
Oct 12, 2022	Wed	Regular Season	New York Mills, Owen D. Young (Richfield/ODY) @ Oriskany	4:30 PM		Bernie Block Field @ Walbran Elementary	<b>Departure Time:</b> 3:00 PM	L
Oct 22, 2022	Sat	Regular Season (CSC League Championship at HCCC)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Herkimer, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen/Town of Webb), Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton @ Cooperstown	11:00 AM		Herkimer County CC	<b>Departure Time:</b> 8:00 AM	L

Date: 2023-03-30