

# Canastota

## (G) V Cross Country

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	10:25 AM		TBD	<b>Departure Time:</b> 7:30 PM	NL
Sep 13, 2023	Wed	Regular Season	Clinton, Cooperstown @ Waterville	4:30 PM		Waterville H S	<b>Departure Time:</b> 2:45 PM	L
Sep 20, 2023	Wed	Regular Season	Owen D. Young (Richfield/ODY), New York Mills @ Sauquoit Valley	4:30 PM		Town Park	<b>Departure Time:</b> 3:00 PM	L
Sep 27, 2023	Wed	Regular Season	Dolgeville, Sherburne-Earlville, Hamilton, Remsen (Remsen/Town of Webb) @ Little Falls	4:30 PM		Little Falls HS	<b>Departure Time:</b> 2:30 PM	L
Oct 4, 2023	Wed	Regular Season	West Canada Valley, Herkimer @ Mount Markham	4:30 PM		HS Track	<b>Departure Time:</b> 2:30 PM	L
Oct 7, 2023	Sat	Regular Season (Whitesboro Invitational at Deerfield Wilderness Park)	@ TBD	9:50 AM		TBD	<b>Departure Time:</b> 7:30 AM	L
Oct 11, 2023	Wed	Regular Season	Oriskany, Adirondack, Poland @ Westmoreland	4:30 PM		Westmoreland M S	<b>Departure Time:</b> 3:00 PM	L
Nov 4, 2023	Sat	Post-Season (Section III Championships)	@ TBD	9:00 AM		VVS High School	<b>Departure Time:</b> 7:30 AM	NL

Date: 2024-05-08