

Canastota

(G) V Cross Country

Coaches:

- Tabitha Gaglianese-White, Head Coach, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	8:30 AM		Cross Country Course	Departure Time: 7:30 AM	L
Sep 11, 2019	Wed	Regular Season	Remsen, West Canada Valley, Poland @ Adirondack	4:30 PM		TBD	Departure Time: 2:30 PM	L
Sep 18, 2019	Wed	Regular Season	Dolgeville, Waterville, Westmoreland @ Little Falls	4:30 PM		Little Falls HS	Departure Time: 2:45 PM	L
Sep 21, 2019	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	9:30 AM		TBD	Departure Time: 8:00 AM	L
Oct 2, 2019	Wed	Regular Season	Sherburne-Earlville, Mount Markham, Sauquoit Valley @ Hamilton	4:30 PM		Colgate Cross Country trails	Departure Time: 3:00 PM	L
Oct 5, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Altmar-Parish-Williamstown (APW Rebels), Central Valley Academy, Holland Patent, Corcoran (Syracuse West), Vernon-Verona-Sherrill, Cooperstown, New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Little Falls, Notre Dame, Utica, Poland, Utica Proctor, Waterville @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park	Departure Time: 7:30 AM	NL
Oct 9, 2019	Wed	Regular Season	Oriskany, New York Mills @ Holland Patent	4:30 PM		TBD	Departure Time: 3:00 PM	L
Oct 19, 2019	Sat	Regular Season (CSC Champion meet)	New York Mills, West Canada Valley, Poland, Sauquoit Valley, Little Falls, Dolgeville, Remsen, TBD, Clinton, Cooperstown, Herkimer, Westmoreland, Sherburne-Earlville, Hamilton, Mount Markham, Adirondack, Holland Patent, Oriskany, Waterville @ TBD	12:00 PM		Kirkland Town Park	Departure Time: 8:15 AM	L
Nov 9, 2019	Sat	Post-Season (Section 3 Championships)	@ Vernon-Verona-Sherrill	TBD		Cross Country Course	Departure Time: 8:45 AM	NL

Date: 2026-01-04