

# 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: 2024-04-26