Canastota

(G) 7/8TH Cross Country

Coaches:

- Jennifer Nolan, Assistant Coach
- Tabitha Gaglianese-White

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	9:20 AM		TBD	**Departure Time:** 7:30 AM	NL
Sep 13, 2023	Wed	Regular Season	Clinton, Cooperstown (Modified) @ Waterville	4:30 PM		Waterville H S	**Departure Time:** 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	**Departure Time:** 3:00 PM	L
Sep 27, 2023	Wed	Regular Season	Hamilton, Dolgeville, Sherburne-Earlville, Remsen (Remsen/Town of Webb) @ Little Falls	4:30 PM		Little Falls HS	**Departure Time:** 2:30 PM	L
Oct 4, 2023	Wed	Regular Season	Herkimer, West Canada Valley @ Mount Markham	4:30 PM		HS Track	**Departure Time:** 2:30 PM	L
Oct 7, 2023	Sat	Regular Season (Whitesboro Invitational at Deerfield Wilderness Park)	@ TBD	9:10 AM		TBD	**Departure Time:** 7:30 AM	NL
Oct 11, 2023	Wed	Regular Season	Poland, Oriskany, Adirondack @ Westmoreland	4:30 PM		Westmoreland M S	**Departure Time:** 3:00 PM	L

Date: 2024-10-12