

Canastota
(B) V Cross Country

Coaches:
• John Copp, 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	9:50 AM		Cross Country Course	Departure Time: 7:30 AM	L
Sep 11, 2019	Wed	Regular Season	West Canada Valley, Poland, Remsen (Remsen), Town of Webb UFSD (Town of Webb) @ Adirondack	4:30 PM		Track	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	NL
Oct 2, 2019	Wed	Regular Season	Mount Markham, Sauquoit Valley, Sherburne-Earlville @ Hamilton	4:30 PM		Colgate Cross Country trails	Departure Time: 3:00 PM	L
Oct 5, 2019	Sat	Regular Season (Whitesboro Invitational)	Jamesville-Dewitt, Holland Patent, Central Valley Academy, Altmar-Parish-Williamstown (APW Rebels), Corcoran (Syracuse West), Oneida, Vernon-Verona-Sherrill, Cooperstown (Cooperstown/Milford), New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Utica Proctor, Little Falls, Notre Dame, Utica, Poland, Waterville @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park	Departure Time: 7:30 AM	NL
Oct 9, 2019	Wed	Regular Season	New York Mills, Oriskany @ Holland Patent	4:30 PM		TBD	Departure Time: 3:00 PM	L
Oct 19, 2019	Sat	Regular Season	Adirondack, West Canada Valley, Poland, Remsen (Remsen), Town of Webb UFSD (Town of Webb), Sauquoit Valley, Clinton, Westmoreland, Holland Patent, Little Falls, Dolgeville, Cooperstown (Cooperstown/Milford), Sherburne-Earlville, Hamilton, Oriskany, New York Mills, Herkimer, Mount Markham, Waterville @ TBD	11:20 AM		Kirkland Town Park		L
Nov 9, 2019	Sat	Post-Season (Section 3 Championships)	@ Vernon-Verona-Sherrill	TBD		Cross Country Course	Departure Time: 8:45 AM	NL