

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 10, 2022	Sat	Regular Season	@ Vernon-Verona-Sherrill	TBD		Cross Country Course	Departure Time: 1:00 PM	NL
Sep 14, 2022	Wed	Regular Season	Remsen (Remsen), Adirondack, Poland @ West Canada Valley	4:30 PM		TBD	Departure Time: 2:45 PM	L
Sep 21, 2022	Wed	Regular Season	Dolgeville, Little Falls, Waterville @ Westmoreland	4:30 PM		Westmoreland H S	Departure Time: 3:00 PM	L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail	Departure Time: 8:00 AM	NL
Sep 28, 2022	Wed	Regular Season	Clinton, Herkimer @ Cooperstown (Cooperstown/Milford)	4:30 PM	8:30 PM	Clarks Tower	Departure Time: 2:15 PM	L
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		Genesee Valley Park, Rochester	Departure Time: 7:30 AM	L
Oct 5, 2022	Wed	Regular Season	Sauquoit Valley, Sherburne-Earlville, Mount Markham @ Hamilton	4:30 PM		Colgate Cross Coutry trails	Departure Time: 3:00 PM	L
Oct 8, 2022	Sat	Regular Season (Rome Coughlin Invitational)	@ Rome Free Academy	TBD		TBD	Departure Time: 9:30 AM	NL
Oct 12, 2022	Wed	Regular Season	New York Mills, Owen D. Young (Richfield/ODY) @ Oriskany	4:30 PM		Bernie Block Field @ Walbran Elementary Campus	Departure Time: 3:00 PM	L
Oct 22, 2022	Sat	Regular Season (CSC League Championship at Herkimer Community College)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen), Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton, Cooperstown (Cooperstown/Milford) @ Herkimer	10:00 AM		Herkimer County CC	Departure Time: 8:00 AM	L

Date: 2025-12-05