

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 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	9:40 AM		TBD	Departure Time: 7:30 AM	NL
Sep 13, 2023	Wed	Regular Season	Clinton, Cooperstown (Cooperstown/Milford) @ 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	Dolgeville, Sherburne-Earlville, Hamilton, Remsen (Remsen) @ Little Falls	4:30 PM		Little Falls HS	Departure Time: 2:30 PM	L
Oct 4, 2023	Wed	Regular Season	West Canada Valley, Herkimer @ 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	10:30 AM		TBD	Departure Time: 7:30 AM	NL
Oct 11, 2023	Wed	Regular Season	Oriskany, Adirondack, Poland @ Westmoreland	4:30 PM		Westmoreland M S	Departure Time: 3:00 PM	L
Nov 4, 2023	Sat	Post-Season (Section III Championships at VVS High School)	@ TBD	10:20 AM		VVS High School	Departure Time: 7:30 AM	NL

Date: 2025-12-05