

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, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen), Phoenix, Holland Patent, Tully, Cato-Meridian (Blue Devils), South Lewis, Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Vernon-Verona-Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Homer, TBD, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track	Departure Time: 7:15 AM	NL
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	@ TBD	9:40 AM		TBD	Departure Time: 7:45 AM	NL
Sep 18, 2024	Wed	Regular Season	Owen D. Young (Richfield/ODY), Poland @ Clinton	4:30 PM		TBD	Departure Time: 3:00 PM	L
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		TBD	Departure Time: 8:00 AM	NL
Sep 25, 2024	Wed	Regular Season	Remsen (Remsen), Dolgeville @ West Canada Valley	4:30 PM		TBD	Departure Time: 2:45 PM	L
Oct 2, 2024	Wed	Regular Season	Hamilton, Little Falls, Waterville @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS	Departure Time: 2:45 PM	L
Oct 5, 2024	Sat	Regular Season (Whitesboro Invitational (at Deerfield Wilderness Park))	@ TBD	10:30 AM		Classroom 145	Departure Time: 7:30 AM	NL
Oct 9, 2024	Wed	Regular Season (Meet will be held at the Deerfield Wilderness Park)	Adirondack, Sauquoit Valley @ New York Mills	4:30 PM		N Y Mills J/S HS	Departure Time: 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 16, 2024	Wed	Regular Season (Great Swamp Conservancy: 8375 North Main Street Canastota, NY 13032)	Cooperstown (Cooperstown/Milford), Herkimer, Mount Markham, Westmoreland	4:30 PM		TBD		L
Oct 26, 2024	Sat	Regular Season (Center State Conference Championships)	Adirondack, Clinton, Sherburne-Earlville, Mount Markham, Little Falls, Waterville, Sauquoit Valley, Cooperstown (Cooperstown/Milford), Herkimer, Dolgeville, Poland, Town of Webb UFSD (Town of Webb), New York Mills, Hamilton, West Canada Valley @ Westmoreland	12:00 PM		Westmoreland H S		L
Nov 9, 2024	Sat	Post-Season (Class C Section III Championships at Mount Markham High School)	@ TBD	10:00 AM		TBD	Departure Time: 7:30 AM	NL

Date: 2025-12-06