

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 6, 2025	Sat	Regular Season (Mustang Invitational)	Central Valley Academy, Remsen (Remsen), Utica Proctor, Camden, New Hartford, Westmoreland, Notre Dame, Utica, Holland Patent, Waterville, Clinton, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Weedsport, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Fabius-Pompey, Vernon-Verona-Sherrill, Cazenovia, Whitesboro, DeRuyter, Hamilton, Baldwinsville, Indian River, Liverpool, Onondaga Central, Phoenix, West Genesee, Auburn, Central Square, Tully @ Mount Markham	8:00 AM		HS Track	Departure Time: 6:00 AM	L
Sep 10, 2025	Wed	Regular Season (Senior Night)	Sherburne-Earlville, Poland, Adirondack @ Hamilton	4:30 PM		Colgate Cross Coutry trails	Departure Time: 3:00 PM	L
Sep 13, 2025	Sat	Regular Season (ESM Invitational at Pine Grove Middle School)	@ TBD	9:00 AM		TBD	Departure Time: 7:00 AM	NL
Sep 17, 2025	Wed	Regular Season	Little Falls, New York Mills @ West Canada Valley	4:30 PM		WCV Cross Country Trail	Departure Time: 2:40 PM	NL
Sep 20, 2025	Sat	Regular Season (Baldwinsville Invitational at Durgee Junior High School)	@ TBD	10:00 AM		TBD	Departure Time: 8:00 AM	NL
Sep 27, 2025	Sat	Regular Season (McQuaid Invitational at Genesee Valley Park)	@ TBD	9:00 AM		Genesee Valley Park	Departure Time: 6:00 AM	NL
Oct 1, 2025	Wed	Regular Season	Cooperstown (Cooperstown/Milford), Dolgeville, Owen D. Young (Richfield/ODY) @ Mount Markham	4:30 PM		HS Track	Departure Time: 2:40 PM	L
Oct 8, 2025	Wed	Regular Season	Westmoreland, Remsen (Remsen), Sauquoit Valley, Town of Webb UFSD (Town of Webb)	4:30 PM		TBD	Departure Time: 2:40 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2025	Fri	Meet (Chittenango Twilight Invitational)	Vs. Multiple	4:00 PM	6:30 PM	Chittenango HS- Stadium, Chittenango HS-Multi Turf	Departure Time: 2:45 PM	NL
Oct 15, 2025	Wed	Regular Season	Waterville, Herkimer @ Clinton	4:30 PM	6:30 PM	Kirkland Town Park	Departure Time: 3:00 PM	L
Oct 18, 2025	Sat	Regular Season (VVS Invite)	@ TBD	10:45 AM		TBD	Departure Time: 7:30 AM	NL
Oct 25, 2025	Sat	Regular Season (Center State Conference Championship)	Clinton, Sherburne-Earlville, Herkimer, Mount Markham, Little Falls, Adirondack, Westmoreland, Waterville, Cooperstown (Cooperstown/Milford), Dolgeville, Poland, Remsen (Remsen), New York Mills, Hamilton, West Canada Valley, Owen D. Young (Richfield/ODY), Town of Webb UFSD (Town of Webb) @ Sauquoit Valley	10:00 AM		Town Park	Departure Time: 7:30 AM	L
Nov 8, 2025	Sat	Post-Season (Section III Championships at Markham High School)	@ TBD	1:30 PM		TBD	Departure Time: 11:00 AM	NL

Date: 2025-12-05