Canastota

(B) 7/8TH 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	TBD		Cross Country Course	**Departure Time:** 7:30 AM	L
Sep 11, 2019	Wed	Regular Season	Poland, Remsen (Remsen), West Canada Valley @ Adirondack	4:30 PM		TBD	**Departure Time:** 2:30 PM	L
Sep 18, 2019	Wed	Regular Season	Waterville, Westmoreland @ Little Falls	4:30 PM		Little Falls HS	**Departure Time:** 2:45 PM	L
Sep 25, 2019	Wed	Regular Season	Cooperstown (Modified), Herkimer @ Clinton	4:30 PM		Kirkland Town Park		L
Oct 2, 2019	Wed	Regular Season	Sherburne-Earlville, Mount Markham, Sauquoit Valley @ Hamilton	4:30 PM		Colgate Cross Coutry trails	**Departure Time:** 3:00 PM	L
Oct 5, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Oneida, Altmar-Parish-Williamstown (APW Rebels), Corcoran (Syracuse West), Fayetteville-Manlius, Utica Proctor (JFK/DMS), Cooperstown (Modified), Central Valley Academy, New Hartford, Westmoreland, Holland Patent, Vernon-Verona-Sherrill, Notre Dame, Utica @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park	**Departure Time:** 7:30 AM	NL
Oct 9, 2019	Wed	Regular Season	Oriskany, New York Mills @ Holland Patent	4:30 PM		TBD	**Departure Time:** 3:00 PM	L
Oct 14, 2019	Mon	Regular Season	@ TBD	3:30 PM		TBD		L
Oct 19, 2019	Sat	Regular Season (CSC Champion meet)	Adirondack, Poland, Sauquoit Valley, Clinton, Westmoreland, Holland Patent, Little Falls, Cooperstown (Modified), New York Mills, Herkimer, Oriskany, West Canada Valley, Waterville, Hamilton, Mount Markham, Remsen (Remsen) @ TBD	10:00 AM		Kirkland Town Park		L

Date: 2026-11-23