

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 14, 2022	Wed	Regular Season	Remsen (Remsen), Adirondack, Poland @ West Canada Valley	TBD		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
Oct 5, 2022	Wed	Regular Season	Sauquoit Valley, Sherburne-Earlville, Mount Markham @ Hamilton	4:30 PM		Colgate Cross Country trails	Departure Time: 3:00 PM	L
Oct 8, 2022	Sat	Regular Season (Rome Coughlin Invitational)	@ Rome Free Academy	TBD		Proctor Park	Departure Time: 9:30 AM	NL
Oct 12, 2022	Wed	Regular Season	New York Mills, Owen D. Young (Richfield/ODY) @ TBD	4:30 PM		TBD	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, TBD @ TBD	10:00 AM		Herkimer County CC	Departure Time: 8:00 AM	L

Date: 2025-12-05