



Central Valley Academy

(G) V Cross Country

Coaches:

- Michael Farber

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 18, 2025	Mon	Practice	N/A	8:30 AM	10:30 AM	Central Valley Academy		
Aug 19, 2025	Tue	Practice	N/A	8:30 AM	10:30 AM	Central Valley Academy		
Aug 20, 2025	Wed	Practice	N/A	8:30 AM	10:30 AM	Central Valley Academy		
Aug 21, 2025	Thu	Practice	N/A	8:30 AM	10:30 AM	Central Valley Academy		
Aug 22, 2025	Fri	Practice	N/A	8:30 AM	10:30 AM	Central Valley Academy		
Aug 30, 2025	Sat	Regular Season	@ Fonda-Fultonville	9:30 AM		TBD	Departure Point: Weber Ave. Departure Date: Aug 30, 2025 Departure Time: 7:15 AM	L
Sep 2, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 3, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 4, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 5, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	@ Mount Markham	8:00 AM		HS Track	Departure Point: Weber Ave. Departure Date: Sep 6, 2025 Departure Time: 6:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Renssen, Utica Proctor, Auburn, Camden, Weedsport, Fayetteville-Manlius, Chittenango, Canastota, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Onondaga Central, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius-Pompey, Vernon-Verona-Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham) @ Mount Markham	8:00 AM		Mount Markham HS	Departure Point: Weber AV. Departure Date: Sep 6, 2025 Departure Time: 6:30 AM	NL
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Rome Free Academy, Oneonta, Unadilla Valley (UV/GMU), Utica Proctor, New York Mills, Town of Webb UFSD, Camden, Adirondack, DeRuyter, Edmeston (Edmeston/Morris), Herkimer, Holland Patent, Mount Markham, Notre Dame, Utica, Poland, Sauquoit Valley, Vernon-Verona-Sherrill, Westmoreland, Whitesboro @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 13, 2025	Sat	Regular Season (Queensbury Invy)	Schenectady High School, Auburn, Shaker High School, Lake George, Monticello, Niskayuna High School, Tully, Greenville, Colonie High School, Roy C Ketcham/ Wappingers JHS, Phoenix, Chatham, Broadalbin-Perth, Shenendehowa High School, South Lewis, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: Weber Ave Departure Date: Sep 13, 2025 Departure Time: 6:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2025	Tue	Regular Season	Oneida, New Hartford	4:00 PM		Diss Athletic Complex		L
Sep 22, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 23, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 23, 2025	Tue	Regular Season (Senior Night)	Holland Patent @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Departure Point: Weber Ave Departure Date: Sep 23, 2025 Departure Time: 3:00 PM	L
Sep 24, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 25, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 26, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Sep 27, 2025	Sat	Regular Season (EJ Herman Invitational)	@ Utica Proctor	11:00 AM		Proctor Park	Departure Point: Weber Ave. Departure Date: Sep 27, 2025 Departure Time: 10:00 AM	L
Sep 29, 2025	Mon	Practice	N/A	3:00 PM		Central Valley Academy		
Sep 30, 2025	Tue	Regular Season	Utica Proctor @ Rome Free Academy	4:00 PM		RFA Cross Country Course	Departure Point: Weber Ave Departure Date: Sep 30, 2025 Departure Time: 3:00 PM	L
Oct 1, 2025	Wed	Practice	N/A	3:00 PM		Central Valley Academy		
Oct 2, 2025	Thu	Practice	N/A	3:00 PM		Central Valley Academy		
Oct 4, 2025	Sat	Regular Season (Pitney Meadows Community Farm Saratoga Invitational Select)	@ Saratoga Springs High School	11:00 AM		Saratoga Spa State Park	Departure Point: Weber Ave. Departure Date: Oct 4, 2025 Departure Time: 11:00 AM	L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	11:20 AM		Deerfield Town Wilderness Park		NL
Oct 6, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 7, 2025	Tue	Regular Season	Vernon-Verona-Sherrill, Camden @ Notre Dame, Utica	4:00 PM		Proctor Park, Utica	Departure Point: Weber Ave Departure Date: Oct 7, 2025 Departure Time: 3:00 PM	L

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Oct 8, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 9, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 10, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 13, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Central Valley Academy		
Oct 14, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Central Valley Academy		
Oct 15, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Central Valley Academy		
Oct 16, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Central Valley Academy		
Oct 17, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Central Valley Academy		
Oct 18, 2025	Sat	Regular Season (Fort Plain Invitational Varsity Girls & Boys and Modified Girls & Boys)	@ Fort Plain	8:00 AM		Fort Plain HS	Departure Point: Weber Ave. Departure Date: Oct 18, 2025 Departure Time: 7:15 AM	L
Oct 20, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 21, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 22, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 23, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 24, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 25, 2025	Sat	Regular Season (TVL Invitational)	New Hartford, Vernon-Verona-Sherrill, Camden, Oneida, Utica Proctor, Holland Patent, Whitesboro, Notre Dame, Utica, Rome Free Academy	11:00 AM		Diss Athletic Complex		L
Nov 8, 2025	Sat	Post-Season (Sectionals)	@ Mount Markham	1:00 PM		HS Track	Departure Point: Weber Ave. Departure Date: Nov 8, 2025 Departure Time: 12:00 PM	L