



# Central Valley Academy

## (B) V Cross Country

### Coaches:

- Charles Maxson

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 23, 2025	Sat	Practice	N/A	8:30 AM	10:00 AM	Central Valley Academy		
Aug 25, 2025	Mon	Practice	N/A	8:30 AM	10:30 AM	Diss Athletic Field		
Aug 26, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	Central Valley Academy		
Aug 27, 2025	Wed	Practice	N/A	8:30 AM	10:30 AM	Diss Athletic Field		
Aug 28, 2025	Thu	Practice	N/A	8:30 AM	10:30 AM	Diss Athletic Field		
Aug 29, 2025	Fri	Practice	N/A	8:30 AM	10:30 AM	Diss Athletic Field		
Aug 30, 2025	Sat	Regular Season	@ Fonda-Fultonville	TBD		TBD	<b>Departure Point:</b> Weber Ave. <b>Departure Date:</b> Aug 30, 2025 <b>Departure Time:</b> 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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	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, Canastota, 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	<b>Departure Point:</b> Weber Ave. <b>Departure Date:</b> Sep 6, 2025 <b>Departure Time:</b> 6:30 AM	L
Sep 8, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 9, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 10, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 11, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 13, 2025	Sat	Regular Season (QBY INVY)	Auburn, Shaker High School, Greenville, Lake George, Schenectady High School, Monticello, Niskayuna High School, Vernon-Verona-Sherrill, Our Lady of Lourdes, Christian Brothers Academy, Albany, Colonie High School, Roy C Ketcham/ Wappingers JHS, Phoenix, Gloversville, Broadalbin-Perth, Watervliet, Afton (Afton/Harpursville/B-G), Chatham, Amsterdam, Shenendehowa High School, South Lewis, Hudson Falls, TBD @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Sep 13, 2025 <b>Departure Time:</b> 6:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	TBD, 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)		L
Sep 15, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 16, 2025	Tue	Regular Season	Oneida, New Hartford	4:00 PM		Diss Athletic Complex		L
Sep 17, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 18, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 19, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 22, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 23, 2025	Tue	Regular Season (Senior Night)	Holland Patent @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Sep 23, 2025 <b>Departure Time:</b> 3:00 PM	L
Sep 24, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 25, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 27, 2025	Sat	Regular Season (EJ Herman Invitational)	@ Utica Proctor	11:00 AM		Proctor Park	<b>Departure Point:</b> Weber Ave. <b>Departure Date:</b> Sep 27, 2025 <b>Departure Time:</b> 10:00 AM	L
Sep 29, 2025	Mon	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Sep 30, 2025	Tue	Regular Season	Utica Proctor @ Rome Free Academy	4:00 PM		RFA Cross Country Course	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Sep 30, 2025 <b>Departure Time:</b> 3:00 PM	L
Oct 1, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 2, 2025	Thu	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	10:40 AM		Deerfield Town Wilderness Park		NL
Oct 4, 2025	Sat	Regular Season (Pitney Meadows Community Farm Saratoga Invitational Select )	@ Saratoga Springs High School	11:00 AM	11:00 AM	Pitney Meadows Community Farm	<b>Departure Point:</b> Weber Ave. <b>Departure Date:</b> Oct 4, 2025 <b>Departure Time:</b> 11:00 AM	L

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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	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Oct 7, 2025 <b>Departure Time:</b> 3:00 PM	L
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 14, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 15, 2025	Wed	Practice	N/A	3:15 PM	5:15 PM	Central Valley Academy		
Oct 16, 2025	Thu	Practice	N/A	3:15 PM	5:15 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	<b>Departure Point:</b> Weber Ave. <b>Departure Date:</b> Oct 18, 2025 <b>Departure Time:</b> 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	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
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	9:00 AM		Diss Athletic Complex		L
Oct 27, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Oct 28, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Oct 29, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 30, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Oct 31, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Nov 3, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Nov 4, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Nov 5, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Nov 6, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Nov 7, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex, Diss Athletic Field, Diss Athletic Track		
Nov 8, 2025	Sat	Post-Season (Sectionals)	@ Mount Markham	1:00 PM		HS Track	<b>Departure Point:</b> Weber Ave. <b>Departure Date:</b> Nov 8, 2025 <b>Departure Time:</b> 12:00 PM	L

Date: 2025-12-13