



Central Valley Academy

(B) 7/8TH Cross Country

Coaches:

- Richard Schoff

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 4, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 5, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 6, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 9, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 10, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 11, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 12, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 13, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Complex		
Sep 16, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 17, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 18, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 19, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 20, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 23, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 24, 2024	Tue	Regular Season	Holland Patent, Camden @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park		L
Sep 25, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 26, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 27, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 30, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Oct 1, 2024	Tue	Regular Season	Utica Proctor (JFK/DMS) @ Notre Dame, Utica	4:30 PM		Proctor Park, Utica	Departure Point: Jarvis Loop Departure Date: Oct 1, 2024 Departure Time: 3:15 PM	L
Oct 2, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Oct 3, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Oct 4, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2024	Sat	Regular Season (Whitesboro Invitational)	Notre Dame, Utica, Utica Proctor (JFK/DMS), Beaver River, Remsen (Remsen), Clinton, Central Square @ Whitesboro	9:00 AM	6:30 PM	Deerfield Town Wilderness Park		NL
Oct 7, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Complex		
Oct 8, 2024	Tue	Regular Season	New Hartford, Rome Free Academy	4:00 PM		Diss Athletic Complex		L
Oct 9, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Complex		
Oct 10, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Complex		
Oct 11, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Complex		
Oct 15, 2024	Tue	Regular Season	Oneida @ Vernon-Verona-Sherrill	4:30 PM		Cross Country Course	Departure Point: Jarvis Loop Departure Date: Oct 15, 2024 Departure Time: 3:15 PM	L
Oct 16, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Complex		
Oct 17, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Complex		
Oct 18, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Complex		
Oct 19, 2024	Sat	Regular Season	@ Fort Plain	9:00 AM		TBD	Departure Point: Weber Ave Departure Date: Oct 19, 2024 Departure Time: 7:05 AM	L
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Utica Proctor (JFK/DMS), Holland Patent, Vernon-Verona-Sherrill, Camden, Oneida @ Notre Dame, Utica	12:00 PM		Proctor Park, Utica		L

Date: 2025-12-05