



• Norman Deep Jr., Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 31, 2023	Thu	Practice (Combined Practice)	N/A	9:30 AM	11:00 AM	VVS HS			
Sep 9, 2023	Sat	Regular Season (NH Invitational)		TBD		Cross Country Course (Perry JH)	Class Dismissal: 7:45 AM	Departure Point: Elm Street Circle Departure Date: Sep 9, 2023	L
Sep 13, 2023	Wed	Regular Season	Canastota, Cooperstown @ Waterville	4:30 PM		Waterville H S			L
Sep 16, 2023	Sat	Regular Season (VVS Invitational)	@ Vernon- Verona-Sherrill	TBD		Cross Country Course			L
Sep 20, 2023	Wed	Regular Season	Westmoreland, Oriskany, Herkimer @ Remsen (Remsen/Town of Webb)	4:30 PM		Remsen Jr/Sr H.S.			L
CANCELLED Sep 23, 2023	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail			L
Sep 27, 2023	Wed	Regular Season	Poland, Owen D. Young (Richfield/ODY) @ West Canada Valley	4:30 PM		TBD			L
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational)	@ Utica Proctor	TBD		Proctor Park			L
Oct 4, 2023	Wed	Regular Season	Adirondack, New York Mills, Little Falls, Dolgeville	4:30 PM		Stadium Field			L
Oct 7, 2023	Sat	Regular Season (Whitesboro Invitational)	@ Whitesboro	9:00 AM		Deerfield Town Wilderness Park			L
Oct 11, 2023	Wed	Regular Season (Senior Night)	Hamilton, Mount Markham, Sauquoit Valley @ Sherburne- Earlville	4:30 PM		Sherburne- Earlville HS			L
Oct 14, 2023	Sat	Regular Season (Bill Coughlin Cross Country Invitational)	Little Falls @ Rome Free Academy	11:40 AM		Rome Free Academy H S			L
Oct 21, 2023	Sat	Regular Season (CSC League Meet)	@ Mount Markham	TBD		HS Track			L
Oct 28, 2023	Sat	Regular Season (Adirondack Invitational)		TBD		Adirondack HS			L

DATE	WEEK DAY TYPE	OPPONENTS		LOCATION DEPARTURE TRANSPOR	LEAGUE RTATION / NON- LEAGUE
Nov 4, 2023	Regular Seas Sat (Section III Championship	on @ Vernon- Verona-Sherrill	TBD	Cross Country Course	L

Date: 2024-05-07