



• Norman Deep Jr., Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 2, 2022	Fri	Regular Season (Combined Practice)	@ TBD	TBD		VVS HS		L
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	@ TBD	9:00 AM	12:00 PM	Cross Country Course		L
Sep 14, 2022	Wed	Regular Season	Mount Markham, Owen D. Young (Richfield/ODY), Westmoreland	4:30 PM		Clinton HS		L
Sep 17, 2022	Sat	Regular Season (New Hartford Invitational at Perry Jr. HS)		9:00 AM	12:00 PM	TBD		L
Sep 21, 2022	Wed	Regular Season	Remsen, Hamilton, New York Mills @ Sherburne- Earlville	4:30 PM		Sherburne- Earlville HS		L
Sep 24, 2022	Sat	Regular Season (EJ Herman Invite at Proctor Park)	@ TBD	9:00 AM	12:00 PM	TBD		L
Sep 28, 2022	Wed	Regular Season	Canastota, Herkimer @ Cooperstown	4:30 PM		Clarks Tower		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Cooperstown, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Utica Proctor, Oneida, Herkimer, Holland Patent @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 1, 2022	Sat	Regular Season (Whitesboro Invite at Deerfield Town Park)	@ TBD	9:00 AM	12:00 PM	TBD		L
Oct 5, 2022	Wed	Regular Season	Waterville, Oriskany @ Adirondack	4:30 PM	7:30 PM	Adirondack HS		L
Oct 7, 2022	Fri	Meet (Chittenango Bears Twilight Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS- Stadium, Chittenango HS- Soccer Field (Grass)		NL
Oct 12, 2022	Wed	Regular Season	West Canada Valley, Poland, Dolgeville, Sauquoit Valley @ Little Falls	4:30 PM		Little Falls HS		L

DATE	WEEK	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 22, 2022	Sat	Regular Season (CSC League Championship at HCCC)	Westmoreland, Mount Markham, Owen D. Young (Richfield/ODY), New York Mills, Herkimer, Waterville, Sauquoit Valley, West Canada Valley, Remsen, Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne- Earlville, Hamilton @ Cooperstown	11:00 AM		Herkimer County CC		L
Oct 29, 2022	Sat	Regular Season (Adirondack Invitational)	@ Adirondack	9:00 AM	3:30 PM	Adirondack HS		L
Nov 5, 2022	Sat	Regular Season (Section 3 Class Championships/State Qualifier at VVS)	@ TBD	10:00 AM	2:00 PM	VVS HS		L
Nov 12, 2022	Sat	Regular Season (NYSPHSAA Championships at VVS)	@ TBD	TBD		VVS HS		L

Date: 2025-12-15