

Coaches:

• 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 (Practice) | @ TBD | TBD | | VVS HS | | L |
| Sep 10, 2022 | Sat | Regular Season (VVS Invitational) | @ TBD | 9:00 AM | | 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) | @ TBD | 9:00 AM | 12:00 PM | TBD | | L |
| Sep 21, 2022 | Wed | Regular Season | Remsen (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 (Cooperstown/Milford) | 4:30 PM | 8:30 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, Cooperstown (Cooperstown/Milford), Central Valley Academy, Oriskany, West Canada Valley, Fulton, Mount Markham, Utica Proctor, Herkimer, Hamilton, Holland Patent, Oneida @ 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 2022) | 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 |

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|--------------|------|--|--|---------------|-------------|-----------------------|----------------|----------------------------|
| Oct 22, 2022 | Sat | Regular Season (CSC League Championship at Herkimer Community College) | Westmoreland, Mount Markham, Owen D. Young (Richfield/ODY), New York Mills, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton, Cooperstown (Cooperstown/Milford) @ Herkimer | 10:00 AM | | Herkimer County CC | | L |
| Oct 29, 2022 | Sat | Regular Season (Adirondack Invitational) | @ Adirondack | 9:00 AM | 12:00 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 | | TBD | | L |

Date: 2025-12-16