

Coaches:

• Norman Deep Jr., Head Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | 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) | @ New Hartford | TBD | | Cross Country Course (Perry JH) | Departure Point: Elm Street Circle Departure Date: Sep 9, 2023 Departure Time: 7:45 AM | L |
| Sep 13, 2023 | Wed | Regular Season | Canastota, Cooperstown (Cooperstown/Milford) @ 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) | 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 (Grass / Track & 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 | 12:15 PM | | Rome Free Academy H S | | L |
| Oct 18, 2023 | Wed | Practice (Combined Practice at Mount Markham) | N/A | 4:00 PM | | Mount Markham HS | | |
| Oct 21, 2023 | Sat | Regular Season (CSC League Meet) | @ Mount Markham | TBD | | HS Track | | L |
| Oct 28, 2023 | Sat | Regular Season (Adirondack Invitational) | @ Adirondack | TBD | | Adirondack HS | | L |
| Nov 4, 2023 | Sat | Regular Season (Section III Championships) | @ Vernon-Verona- Sherrill | TBD | | Cross Country Course | | L |

Date: 2025-12-05