

Coaches:

• Norman Deep Jr., Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 3, 2025	Wed	Practice	N/A	2:45 PM	3:45 PM	Kirkland Town Park	Departure Point: Elm St Parking Lot Departure Time: 2:45 PM Return Date: Return Time: 3:45 PM	
Sep 6, 2025	Sat	Regular Season (Mount Markham Mustang Invitational)	@ TBD	8:00 AM		HS Track	Departure Point: Elm St Parking Lot	L
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Central Valley Academy, Remsen (Remsen), Utica Proctor, Camden, New Hartford, Westmoreland, Notre Dame, Utica, Holland Patent, Waterville, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Weedsport, Jordan- Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Fabius-Pompey, Canastota, Vernon- Verona-Sherrill, Cazenovia, Whitesboro, DeRuyter, Hamilton, Baldwinsville, Indian River, Liverpool, Onondaga Central, Phoenix, West Genesee, Auburn, Central Square, Tully @ Mount Markham	8:00 AM		HS Track		L
Sep 8, 2025	Mon	Practice	N/A	2:45 PM		Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 2:45 PM	
Sep 10, 2025	Wed	Regular Season	New York Mills, Dolgeville, Remsen (Remsen), Town of Webb UFSD (Town of Webb)	4:30 PM		Kirkland Town Park		L
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Rome Free Academy, Oneonta, Unadilla Valley (UV/GMU), Utica Proctor, New York Mills, Town of Webb UFSD (Town of Webb), Camden, TBD @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 17, 2025	Wed	Regular Season	Hamilton, Sherburne- Earlville, Westmoreland @ Cooperstown (Cooperstown/Milford)	4:00 PM		Clarks Tower		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 27, 2025	Sat	Regular Season (EJ Hermann Invitational)	@ Utica Proctor	9:30 AM		Proctor Park	Departure Point: Elm St. Parking Lot Departure Time: 8:00 AM	NL
Oct 1, 2025	Wed	Regular Season	Sauquoit Valley, Little Falls @ Adirondack	4:30 PM	6:30 PM	Adirondack HS	Departure Point: Elm St Parking Lot Departure Time: 2:45 PM	L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	10:40 AM		Deerfield Town Wilderness Park	Departure Point: Elm St Parking Lot Departure Time: 8:45 AM	NL
Oct 6, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 3:00 PM	
Oct 8, 2025	Wed	Regular Season	West Canada Valley, Mount Markham, Poland, Owen D. Young (Richfield/ODY)	4:30 PM	6:30 PM	Kirkland Town Park	Departure Point: Elm St Parking Lot Departure Time: 3:15 PM	L
Oct 11, 2025	Sat	Regular Season (Caughlin Invitational)	Altmar-Parish- Williamstown (APW Rebels), New York Mills, Utica Proctor, Town of Webb UFSD (Town of Webb), Mexico, Mount Markham, Oswego, Hamilton, Sandy Creek @ Rome Free Academy	9:00 AM		RFA Cross Country Course	Departure Point: Elm St Parking Lot Departure Time: 8:00 PM	NL
CANCELLED Oct 13, 2025	Mon	Practice	N/A	3:00 PM	4:00 PM	Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 3:00 PM	
Oct 14, 2025	Tue	Practice	N/A	2:30 PM	3:30 PM	Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 2:30 PM	
Oct 15, 2025	Wed	Regular Season	Canastota, Waterville, Herkimer	4:30 PM	6:30 PM	Kirkland Town Park	Departure Point: Elm St Parking Lot Departure Time: 3:00 PM	L
Oct 18, 2025	Sat	Regular Season (VVS Invite)	@ Vernon-Verona- Sherrill	9:00 AM		Cross Country Course	Departure Point: Elm St. Parking Lot	NL
CANCELLED Oct 23, 2025	Thu	Practice	N/A	2:30 PM		TBD	Departure Point: Elm St. Parking Lot Departure Time: 2:30 PM	

DATE	WEE! DAY	⁽ TYPE	OPPONENTS	START EI TIME TI	ND IME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 25, 2025	Sat	Regular Season (Center State Conference Championship)	Canastota, Sherburne-Earlville, Herkimer, Mount Markham, Little Falls, Adirondack, Westmoreland, Waterville, Cooperstown (Cooperstown/Milford), Dolgeville, Poland, Remsen (Remsen), New York Mills, Hamilton, West Canada Valley, Owen D. Young (Richfield/ODY), Town of Webb UFSD (Town of Webb) @ Sauquoit Valley	10:00 AM	Town Park		L
Nov 1, 2025	Sat	Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitaional)	Indian River, Pulaski, McQuaid Jesuit, Notre Dame, Utica, Vernon- Verona-Sherrill, DeRuyter, West Canada Valley, Watertown, Hamilton @ Adirondack	9:00 AM	Adirondack HS		NL
Nov 8, 2025	Sat	Post-Season (Section Championships)	@ Mount Markham	9:00 AM	HS Track	Departure Point: Elm St. Parking Lot	NL

Date: 2025-12-05