



Cooperstown

(G) V Cross Country

Coaches:

- Jessie Ravage
- Allison Capozza

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2022	Sat	Regular Season (Invitational)	@ Voorheesville	TBD		TBD		Departure Time: 7:00 AM Return Date: Return Time: 1:00 PM	L
Sep 14, 2022	Wed	Regular Season	Oriskany, Little Falls, Sherburne-Earlville, Hamilton @ Dolgeville	4:30 PM		TBD		Departure Time: 3:45 PM	L
Sep 17, 2022	Sat	Scrimmage (Practice the Course)	@ Vernon-Verona-Sherrill	9:00 AM	3:30 PM	Cross Country Course		Departure Point: VVS Departure Date: Sep 17, 2022 Departure Time: 9:30 AM Return Date: Sep 17, 2022 Return Time: 2:30 PM	L
Sep 21, 2022	Wed	Regular Season	Adirondack, Owen D. Young (Richfield/ODY) @ Sauquoit Valley	4:30 PM		Town Park			L
Sep 28, 2022	Wed	Regular Season	Clinton, Canastota, Herkimer	4:30 PM		Clarks Tower			L
Sep 30, 2022	Fri	Regular Season (EJ Herman Invitational (Proctor Park Utica))	@ Utica Proctor	9:00 AM		Proctor Park	Bus/Driver: Cooperstown Central School	Departure Point: Cooperstown HS Departure Date: Sep 30, 2023	NL
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, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Utica Proctor, Oneida, Herkimer, Holland Patent, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		Departure Time: 6:45 AM Return Date: Return Time: 1:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2022	Wed	Regular Season	New York Mills, West Canada Valley, Poland @ Westmoreland	4:30 PM		Westmoreland H S			L
Oct 12, 2022	Wed	Regular Season	Remsen, Waterville @ Mount Markham	4:30 PM		HS Track			L
Oct 22, 2022	Sat	Regular Season (CSC League Championship at HCCC)	Westmoreland, Mount Markham, Clinton, 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	11:00 AM		Herkimer County CC			L

Date: 2026-01-02