

## Coaches:

• James Seeley, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	E TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen), Phoenix, Holland Patent, Tully, Cato- Meridian (Blue Devils), South Lewis, Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Vernon-Verona- Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero- North Syracuse, DeRuyter, Fabius- Pompey, Fayetteville- Manlius, Homer, TBD, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham		12:00 PM	HS Track		Departure Time: 7:00 AM	NL
Sep 11, 2024	Wed	Practice (Combined Practice at WCV)	N/A	TBD		TBD		Departure Date: Aug 30, 2024 Departure Time: 3:10 PM	
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	Clinton, Whitesboro, Mount Markham, Hamilton, Notre Dame, Utica, Utica Proctor, Central Valley Academy, Unadilla Valley (UV/GMU), Rome Free Academy @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		Departure Time: 7:00 AM	NL
Sep 18, 2024	Wed	Regular Season	Mount Markham, Little Falls, New York Mills @ Cooperstown (Cooperstown/Milford)	4:30 PM		Clarks Tower	Class Dismissal: 2:15 PM	Departure Time: 2:30 PM	L
Sep 25, 2024	Wed	Regular Season	Remsen (Remsen), Canastota @ West Canada Valley	4:30 PM		TBD		<b>Departure Time:</b> 3:05 PM	L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann CC Invitational at Proctor Park)	@ TBD	TBD		TBD		Departure Time: 7:30 AM	NL
Oct 2, 2024	Wed	Regular Season (Senior Night)	Clinton, Westmoreland @ Adirondack	4:30 PM		Adirondack HS		<b>Departure Time:</b> 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START END TIME TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 9, 2024	Wed	Regular Season	Herkimer, Waterville @ Poland	4:30 PM	TBD		<b>Departure Time:</b> 3:00 PM	L
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational at Saratoga State Park)	@ TBD	TBD	TBD		<b>Departure Time:</b> 9:00 AM	L
Oct 16, 2024	Wed	Regular Season (Senior Night)	Hamilton, Sauquoit Valley @ Sherburne- Earlville	4:30 PM	Sherburne- Earlville HS	Class Dismissal: 2:00 PM	<b>Departure Time:</b> 2:15 PM	L
Oct 19, 2024	Sat	Regular Season (Fort Plain Cross Country Invitational)	@ Fort Plain	9:30 AM	Hoag Elementary School, 25 High Street 13339-1365		<b>Departure Time:</b> 7:30 AM	NL
Oct 26, 2024	Sat	(Center State Conference	Adirondack, Canastota, Clinton, Sherburne-Earlville, Mount Markham, Little Falls, Waterville, Sauquoit Valley, Cooperstown (Cooperstown/Milford), Herkimer, Poland, Town of Webb UFSD (Town of Webb), New York Mills, Hamilton, West Canada Valley @ Westmoreland	12:00 PM	Westmoreland H S	l		L
Nov 2, 2024	Sat	Regular Season (John Bernard Invitational at Adirondack CSD)	@ TBD	TBD	TBD		<b>Departure Time:</b> 8:00 AM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals at MM)	@ TBD	TBD	TBD			NL

Date: 2025-12-13