

Coaches:

- Rebecca Dietrick, Head Coach
- Tim Hoffman, Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 2, 2022	Fri	Practice (Team Hike)	N/A	7:00 AM		Other	Departure Time: 7:00 AM Return Date: Return Time: 7:00 PM	
Sep 10, 2022	Sat	Regular Season (VVS Invite)	@ TBD	8:30 AM		Vernon Verona Sherrill High School	Departure Time: 7:00 AM Return Date: Return Time: 12:00 PM	L
Sep 15, 2022	Thu	Practice (Pixley Falls Course practice)	N/A	3:00 PM	5:00 PM	Other	Departure Time: 3:00 PM Return Date: Return Time: 5:00 PM	
Sep 17, 2022	Sat	Regular Season (Fort Plain Invite)	@ TBD	9:00 PM		Other	Departure Time: 7:00 AM Return Date: Return Time: 2:00 PM	NL
Sep 20, 2022	Tue	Regular Season	Whitesboro, Camden, Vernon-Verona- Sherrill	' 4:00 PM		HS Stadium / Track	Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Sep 22, 2022	Thu	Practice (Egypt Rd. Course practice)	N/A	3:00 PM	5:00 PM	Other	Departure Time: 3:00 PM Return Date: Return Time: 5:00 PM	
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invite)	@ TBD	10:00 AM		TBD	Departure Time: 8:00 AM Return Date: Return Time: 2:00 PM	NL
Sep 27, 2022	Tue	Regular Season (*Note VVS/Holland Patent will be Non League)	Notre Dame, Utica, Vernon-Verona- Sherrill @ Central Valley Academy	4:00 PM		Diss Athletic Complex	Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Sep 29, 2022	Thu	Practice (Wilderness Park Course practice)	N/A	3:00 PM	5:00 PM	Other	Departure Time: 3:00 PM Return Date: Return Time: 5:00 PM	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
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, Cooperstown, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Utica Proctor, Oneida, Herkimer, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park	Departure Time: 8:00 AM Return Date: Return Time: 12:00 PM	NL
Oct 1, 2022	Sat	Regular Season (Whitesboro Invite)	@ TBD	9:00 AM		TBD	Departure Time: 8:00 AM Return Date: Return Time: 12:00 PM	NL
Oct 5, 2022	Wed	Regular Season (*Note VVS/Holland Patent will be Non League)	New Hartford, Rome Free Academy @ Vernon-Verona- Sherrill	4:00 PM		Cross Country Course	Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Oct 6, 2022	Thu	Practice (Oriskany Canal Trail Course practice)	N/A	3:00 PM	5:00 PM	Other	Departure Time: 3:00 PM Return Date: Return Time: 5:00 PM	
Oct 11, 2022	Tue	Regular Season (*Note VVS/Holland Patent will be Non League)	Utica Proctor, Vernon-Verona- Sherrill @ Oneida	4:00 PM		Cross Country Course	Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Oct 13, 2022	Thu	Practice (Town of Trenton Course practice)	N/A	3:00 PM	5:00 PM	Other	Departure Time: 3:00 PM Return Date: Return Time: 5:00 PM	
Oct 20, 2022	Thu	Practice (Perry JH Course)	N/A	3:00 PM	5:00 PM	Other	Departure Time: 3:00 PM Return Date: Return Time: 5:00 PM	
Oct 22, 2022	Sat	Regular Season (TVL League championship)	Whitesboro, Camden, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, Vernon- Verona-Sherrill, Central Valley Academy @ New Hartford	10:00 AM		Cross Country Course (Perry JH)	Departure Time: 8:00 AM Return Date: Return Time: 12:00 PM	L
Oct 27, 2022	Thu	Practice (Lake Delta Course Practice)	N/A	3:00 PM	5:00 PM	Other	Departure Time: 3:00 PM Return Date: Return Time: 5:00 PM	
Oct 29, 2022	Sat	Regular Season (Adirondack Invite)	@ Adirondack	9:00 AM		Adirondack HS	Departure Time: 7:45 AM Return Date: Return Time: 12:00 PM	NL

DATE	WEEI DAY	^К түре	OPPONENTS	START END TIME TIM	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 5, 2022	Sat	Post-Season (Sectionals)	@ TBD	9:00 AM	Vernon Verona Sherrill High School	Departure Time: 7:30 AM Return Date: Return Time: 12:00 PM	NL
Nov 12, 2022	Sat	Post-Season (State Championship)	@ TBD	9:00 AM	Vernon Verona Sherrill High School	Departure Time: 7:30 AM Return Date: Return Time: 12:00 PM	NL

Date: 2024-05-03