

## Coaches:

• Aileen Viel, Coach

DATE	WEEK	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 26, 2024	Mon	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 27, 2024	Tue	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 28, 2024	Wed	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 29, 2024	Thu	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 30, 2024	Fri	Practice (TEAM HIKE)	N/A	10:00 AM		Esther Mountain, Keene, NY	Departure Date: Aug 30, 2024 Departure Time: 7:00 AM	
Sep 3, 2024	Tue	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		

TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devis), Cazenovia,
Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Clinton, Cicero- North Syracuse, DeRuyter, Dolgewille, Fabius- Pompey, Fayetteville- Manilius, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaya Central, Phoenix, Utica Proctor, Pulaski, Remsen, Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Vernon-Verona- Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesse, Westmoreland @ Mount Markham
Sep 9, 2024 Mon Practice N/A 3:00 5:00 Holland Patent PM PM HS
Sep 10, 2024 Tue Practice N/A 3:00 5:00 Holland Patent PM PM HS
Sep 11, 2024 Wed Practice N/A 3:00 5:00 Holland Patent PM PM HS
Sep 12, 2024 Thu Practice N/A 3:00 5:00 Holland Patent PM PM HS
Sep 13, 2024 Fri Practice N/A 3:00 5:00 Holland Patent PM PM HS
Sep 16, 2024 Mon Practice (TRAIL RUN)  Practice (TRAIL N/A S:00 5:00 Egypt Road Trail Departure Date: Sep 16, 2024 Departure Time: 2:30 PM
Sep 17, 2024 Tue Practice N/A 3:00 5:00 Holland Patent PM PM HS
Sep 18, 2024 Wed Practice N/A 3:00 5:00 Holland Patent PM PM HS
Sep 19, 2024 Thu Practice N/A 3:00 5:00 Holland Patent PM PM HS

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invite)	@ TBD	10:00 AM	2:00 PM	Bville - Durgee Cross Country Trail	Departure Date: Sep 21, 2024 Departure Time: 8:00 AM	L
Sep 23, 2024	Mon	Practice (TRENTON TOWN PARK RUN)	N/A	3:00 PM	5:00 PM	Other	Departure Date: Sep 23, 2024 Departure Time: 2:30 PM	
Sep 24, 2024	Tue	Regular Season	Central Valley Academy, Camden @ Whitesboro	4:00 PM	7:00 PM	Deerfield Town Wilderness Park	Departure Date: Sep 24, 2024 Departure Time: 3:15 PM	L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 28, 2024	Sat	Regular Season (Bowdoin Park CC Classic)	@ TBD	10:00 AM	6:00 PM	Bowdoin Park	Departure Date: Sep 27, 2024 Departure Time: 3:00 PM Return Date: Sep 28, 2024 Return Time: 7:00 PM	L
Oct 1, 2024	Tue	Regular Season	Whitesboro, Oneida @ New Hartford	4:00 PM	7:00 PM	Cross Country Course (Perry JH)	Departure Date: Oct 1, 2024 Departure Time: 3:00 PM	L
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 5, 2024	Sat	Regular Season (Whitesboro XC Invitational)	Cooperstown, Little Falls, Mount Markham, Clinton, Oswego, Notre Dame, Utica, Beaver River, DeRuyter, Remsen, Poland, Central Valley Academy @ Whitesboro	9:00 AM	6:30 PM	Deerfield Town Wilderness Park	Departure Date: Oct 5, 2024 Departure Time: 7:30 AM	NL
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 8, 2024	Tue	Regular Season	Notre Dame, Utica, Vernon-Verona- Sherrill, Whitesboro	4:30 PM	6:30 PM	Holland Patent HS		L
CANCELLED Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 10, 2024	Thu	Practice (ORISKANY TRAIL RUN)	N/A	3:00 PM	5:00 PM	Other	Departure Date: Oct 10, 2024 Departure Time: 2:30 PM	
Oct 11, 2024	Fri	Meet (Chittenango Girls Twilight Invitational)	Vs. Multiple	4:00 PM	6:30 PM	Chittenango HS- XC Course, Chittenango HS- Stadium	Departure Date: Oct 11, 2024 Departure Time: 2:45 PM	NL

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Oct 15, 2024	Tue	Regular Season (Senior Recognition Day)	Whitesboro, Rome Free Academy @ Utica Proctor	4:00 PM		Proctor Park	Departure Date: Oct 15, 2024 Departure Time: 3:00 PM	L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 17, 2024	Thu	Practice (PIXLEY FALLS TRAIL RUN)	N/A	3:00 PM	5:00 PM	Other	Departure Date: Oct 17, 2024 Departure Time: 2:30 PM	
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 19, 2024	Sat	Regular Season (Fort Plain CC Invitational)	@ Fort Plain	9:00 AM	1:00 PM	Fort Plain HS	Departure Date: Oct 19, 2024 Departure Time: 7:00 AM	L
Oct 21, 2024	Mon	Practice (TRENTON GREENBELT TRAIL RUN)	N/A	3:00 PM	5:00 PM	Trenton Green Belt Trails	Departure Date: Oct 21, 2024 Departure Time: 2:30 PM	
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Utica Proctor, Vernon- Verona-Sherrill, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	12:45 PM		Proctor Park, Utica	Departure Date: Oct 26, 2024 Departure Time: 10:00 AM	L
Oct 28, 2024	Mon	Practice (DELTA LAKE TRAIL RUN)	N/A	3:00 PM	5:00 PM	Delta Lake State Park	Departure Date: Oct 28, 2024 Departure Time: 2:30 PM	
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 2, 2024	Sat	Regular Season (John Bernard (Adirondack) Invite)	@ Adirondack	9:30 AM	12:00 PM	Adirondack HS	Departure Date: Nov 2, 2024 Departure Time: 7:30 AM	L
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 6, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		

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Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
POSTPONED Nov 8, 2024	<sup>/</sup> Fri	Regular Season (Sectionals)	@ Mount Markham	TBD		HS Track		L

Date: 2025-12-13