

Coaches:

• Aileen Viel, Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 25, 2025	Mon	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 26, 2025	Tue	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 27, 2025	Wed	Practice	N/A	7:00 AM		Holland Patent HS		
Aug 28, 2025	Thu	Practice	N/A	8:00 AM		TBD	Departure Date: Aug 28, 2025 Departure Time: 7:15 AM	
Aug 29, 2025	Fri	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Sep 2, 2025	Tue	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Sep 4, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 5, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica Proctor, Auburn, Camden, Weedsport, Fayetteville-Manlius, Chittenango, Canastota, South Lewis, Jamesville- Dewitt, Cicero-North Syracuse, Onondaga Central, Jordan- Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Waterville, Clinton, Fabius- Pompey, Vernon- Verona-Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM		Mount Markham HS	Departure Time: 7:00 AM	NL
Sep 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 11, 2025	Thu	Practice (Practice Off Campus @ Utica Parkway)	N/A	4:30 PM	5:00 PM	TBD	Departure Time: 3:45 PM	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END	LOCATION	TRANSPORTATION	LEAGUE I / NON- LEAGUE
Sep 12, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Rome Free Academy, Oneonta, Unadilla Valley (UV/GMU), Utica Proctor, New York Mills, Town of Webb UFSD, Camden, Adirondack, Central Valley Academy, DeRuyter, Edmeston (Edmeston/Morris), Herkimer, Mount Markham, Notre Dame, Utica, Poland, Sauquoit Valley, Vernon-Verona- Sherrill, Westmoreland, Whitesboro @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 15, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 16, 2025	Tue	Regular Season	Utica Proctor, Notre Dame, Utica @ Camden	4:00 PM		Camden Cross Country Course		L
Sep 18, 2025	Thu	Practice (Off Campus @ Egypt Road)	N/A	3:00 PM		Egypt Road Trail	Departure Time: 2:30 PM	
Sep 19, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 22, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 23, 2025	Tue	Regular Season (Senior Night)	Central Valley Academy @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park		L
Sep 25, 2025	Thu	Practice (Off campus @ Trenton Town Park)	N/A	3:00 PM	5:00 PM	TBD	Departure Time: 2:45 PM	
Sep 26, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 29, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 30, 2025	Tue	Regular Season	Vernon-Verona- Sherrill, New Hartford	4:00 PM		Holland Patent HS		L
Oct 1, 2025	Wed	Practice (Off Campus @ Wilderness Park)	N/A	3:00 PM	5:00 PM	Wilderness Park	Departure Time: 2:30 PM	
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	11:20 AM		Deerfield Town Wilderness Park		NL
Oct 6, 2025	Mon	Practice (Off Campus @ Oriskany Trail)	N/A	3:00 PM	5:00 PM	TBD	Departure Time: 2:45 PM	
Oct 7, 2025	Tue	Regular Season	Oneida, Rome Free Academy	4:00 PM		Holland Patent HS		L
Oct 8, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 9, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 14, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 15, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 16, 2025	Thu	Practice (Off Campus @ Pixley Falls)	N/A	3:00 PM	5:00 PM	TBD	Departure Time: 2:30 PM	
Oct 17, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 20, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 21, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 22, 2025	Wed	Practice (Off Campus @ Potato Hill)	N/A	3:00 PM		Potato Hill Farm	Departure Time: 2:30 PM	
Oct 24, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 25, 2025	Sat	Regular Season (TVL Invitational)	New Hartford, Vernon- Verona-Sherrill, Camden, Oneida, Utica Proctor, Whitesboro, Notre Dame, Utica, Rome Free Academy @ Central Valley Academy	11:00 AM		Diss Athletic Complex	Departure Time: 8:00 AM	L
Oct 27, 2025	Mon	Practice (Off Campus @ Delta Lake)	N/A	3:00 PM	5:00 PM	Delta Lake State Park	Departure Time: 2:45 PM	
Nov 1, 2025	Sat	Regular Season (Adirondack Invitational)	@ Adirondack	9:30 AM		Adirondack HS	Departure Time: 8:30 AM	L
Nov 3, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Nov 4, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Nov 7, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		

Date: 2025-12-05