

## Coaches:

• Mike Brych, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START E	ND IME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ TBD	9:50 AM	Track Field	Departure Point: High School Departure Time: 10:15 AM	NL
Sep 14, 2019	Sat	Regular Season (Invitational)	Whitesboro, Oneonta, Oneida, Vernon- Verona-Sherrill, Utica Proctor, Adirondack, Cazenovia, Clinton, Edmeston (Edmeston/Morris), Herkimer, Notre Dame, Utica, Hamilton	9:00 AM	Cross Country Course (Perry JH)		NL
Sep 17, 2019	Tue	Regular Season	Central Valley Academy @ Whitesboro	4:00 PM	Deerfield Town Wilderness Park	Departure Point: High School Departure Time: 3:00 PM Return Date: Return Time: 7:00 PM	L
Sep 21, 2019	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD	Bville - Durgee Cross Country Trail	Departure Point: High School Departure Time: 9:00 AM Return Date: Return Time: 4:30 PM	NL
Sep 25, 2019	Wed	Regular Season 42-16 L	Vernon-Verona-Sherrill	4:00 PM	Cross Country Course (Perry JH)		L
Sep 28, 2019	Sat	Regular Season (E. J. Herrmann Invitational)	@ TBD	TBD	Proctor Park	Departure Point: High School Departure Time: 10:00 AM Return Date: Return Time: 2:30 PM	NL
Oct 1, 2019	Tue	Regular Season	Oneida @ Notre Dame, Utica	TBD	TBD	Departure Point: High School Departure Time: 3:00 PM Return Date: Return Time: 7:00 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME L	OCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 5, 2019	Sat	Regular Season (Whitesboro Invitational)	Jamesville-Dewitt, Holland Patent, Central Valley Academy, Altmar-Parish- Williamstown (APW Rebels), Corcoran (Syracuse West), Canastota, Oneida, Vernon-Verona-Sherrill, Cooperstown (Cooperstown/Milford), Westmoreland, Edmeston (Edmeston/Morris), Utica Proctor, Little Falls, Notre Dame, Utica, Poland, Waterville @ Whitesboro	8:30 AM	T V	Deerfield Town Vilderness Park	Departure Point: High School Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM	NL
Oct 8, 2019	Tue	Regular Season 23-41-20 L	Rome Free Academy @ Camden	4:00 PM		Camden Cross Country Course	Departure Point: High School Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	L
Oct 12, 2019	Sat	Regular Season (Burnt Hills Invitational)	@ TBD	9:15 AM	S	Saratoga Spa State Park	<b>Departure Point:</b> High School	NL
Oct 22, 2019	Tue	Regular Season (TVL Championship)	Camden, Central Valley Academy, Notre Dame, Utica, Oneida, Rome Free Academy, Utica Proctor, Vernon- Verona-Sherrill @ Whitesboro	5:00 PM	T V	Deerfield Town Vilderness Park		L
Oct 26, 2019	Sat	Regular Season (John Bernard (Adirondack) Invitational)	@ TBD	8:15 AM		Adirondack IS	Departure Point: High School	NL
Nov 9, 2019	Sat	Post-Season (Sectionals)	@ TBD	TBD	C	Cross Country Course	Departure Point: High School Departure Time: 8:45 PM	NL

Date: 2024-05-19