



Oneida

(G) V Cross Country

Coaches:

- Giovanni Silvestri
- Giovanni Silvestri

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course			
Aug 24, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course			
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course			
Aug 26, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course			
Aug 29, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course			
Aug 30, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course			
Aug 31, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course			
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course			
Sep 5, 2023	Tue	Practice	N/A	TBD	10:00 AM	TBD			
Sep 6, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	TBD			
Sep 7, 2023	Thu	Practice	N/A	5:00 PM	6:30 PM	TBD			
Sep 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	9:00 AM		Cross Country Course (Perry JH)	Bus/Driver: Ms Barb Ennis	Departure Point: High School Tennis Courts Departure Time: 7:00 AM	NL
Sep 11, 2023	Mon	Practice	N/A	5:00 PM	6:30 PM	TBD			
Sep 13, 2023	Wed	Practice	N/A	5:00 PM	6:30 PM	TBD			
Sep 14, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD			
Sep 15, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	TBD			
Sep 16, 2023	Sat	Regular Season (VVS Invite)	@ TBD	9:00 AM		Cross Country Course			L
Sep 18, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	TBD			
Sep 19, 2023	Tue	Regular Season	Notre Dame, Utica, Utica Proctor @ Rome Free Academy	4:30 PM		RFA Cross Country Course			L
Sep 20, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	TBD			

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Sep 21, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 22, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 23, 2023	Sat	Regular Season (Queensbury Adirondack Cross-Country Classic Invitational)	@ TBD	9:00 AM		Queensbury HS		L
Sep 25, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 26, 2023	Tue	Regular Season	Whitesboro @ New Hartford	4:00 PM		Cross Country Course (Perry JH)		L
Sep 27, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 28, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 30, 2023	Sat	Regular Season (E.J. Herrmann Invite / Utica Proctor Park)	@ TBD	9:00 AM		Proctor Park	Bus/Driver: Mr Randy Bonville	L
Oct 2, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 3, 2023	Tue	Regular Season	Camden, Holland Patent	4:00 PM		Cross Country Course		L
Oct 4, 2023	Wed	Practice (With Goggins)	N/A	3:15 PM	5:00 PM	TBD		
Oct 5, 2023	Thu	Practice	N/A	5:00 PM	6:30 PM	TBD		
Oct 6, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 7, 2023	Sat	Regular Season (Whitesboro Cross Country Invitational)	@ TBD	8:30 AM		Deerfield Town Wilderness Park	Bus/Driver: Ms Danielle Brown	NL
Oct 9, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 10, 2023	Tue	Regular Season	Central Valley Academy @ Vernon-Verona-Sherrill	4:00 PM		Cross Country Course		L
Oct 11, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 12, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 13, 2023	Fri	Meet (Chittenango Bears Girls Cross Country Twilight Invitational)	Vs. Multiple	4:00 PM	6:30 PM	Chittenango HS- XC Course, Chittenango HS- Stadium		NL

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Oct 13, 2023	Fri	Regular Season (Chittenango Bears Twilight Invitational)	@ TBD	4:00 PM		Chittenango HS- XC Course		L
Oct 14, 2023	Sat	Practice	N/A	8:00 AM	9:30 PM	TBD		
Oct 16, 2023	Mon	Practice	N/A	5:00 PM	6:30 PM	TBD		
Oct 17, 2023	Tue	Practice (With Goggins)	N/A	3:15 PM	5:15 PM	TBD		
Oct 18, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 19, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 20, 2023	Fri	Practice	N/A	4:00 PM	5:15 PM	TBD		
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Rome Free Academy, Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Vernon-Verona-Sherrill, Utica Proctor @ Holland Patent	11:10 AM	4:00 PM	HS Stadium / Track		L
Oct 22, 2023	Sun	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 23, 2023	Mon	Practice	N/A	4:30 PM	6:30 PM	TBD		
Oct 24, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 25, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 27, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 28, 2023	Sat	Regular Season (John Bernar (Adirondack) Cross Country Invitational)	@ TBD	9:00 AM		Adirondack HS		NL
Oct 30, 2023	Mon	Practice	N/A	3:15 PM	4:30 PM	TBD		
Oct 31, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 1, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 2, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	TBD		
Nov 3, 2023	Fri	Practice	N/A	4:30 PM	6:30 PM	TBD		

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Nov 4, 2023	Sat	Regular Season (Section 3 finals)	@ Vernon-Verona-Sherrill	9:00 AM	3:30 PM	Cross Country Course	Bus/Driver: Mr Kevin Mahady	Departure Point: HS Tennis Courts Departure Time: 7:15 AM	NL

Date: 2024-04-28