



# 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) | <b>Bus/Driver:</b> Ms Barb Ennis | <b>Departure Point:</b> High School Tennis Courts<br><b>Departure Time:</b> 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                             |                                  |   |                     |

| DATE         | WEEK DAY | TYPE   | OPPONENTS                                       | START TIME | END TIME | LOCATION   | DEPARTURE TRANSPORTATION                | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---|------------|----------|--|---|---------------------|
| 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                                       | <b>Bus/Driver:</b><br>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                     | <b>Bus/Driver:</b><br>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 | <b>Bus/Driver:</b><br>Mr Kevin Mahady | <b>Departure Point:</b><br>HS Tennis Courts<br><b>Departure Time:</b><br>7:15 AM | NL                  |

Date: 2025-12-06