



# Oneida

## (G) 7/8TH Cross Country

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2022	Mon	Practice (Practice)	N/A	9:00 AM	10:30 AM	Cross Country Course			
Aug 30, 2022	Tue	Practice	N/A	9:00 AM	10:30 AM	Cross Country Course			
Aug 31, 2022	Wed	Practice	N/A	9:00 AM	10:30 AM	Cross Country Course			
Sep 1, 2022	Thu	Practice (Practice)	N/A	3:00 PM	4:30 PM	Cross Country Course			
Sep 6, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Cross Country Course			
Sep 7, 2022	Wed	Practice (Practice)	N/A	3:15 PM	4:45 PM	Cross Country Course			
Sep 8, 2022	Thu	Practice (Practice)	N/A	3:15 PM	4:45 PM	Cross Country Course			
Sep 9, 2022	Fri	Practice (Practice)	N/A	3:15 PM	4:45 PM	Cross Country Course			
Sep 12, 2022	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 13, 2022	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 14, 2022	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 15, 2022	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 15, 2022	Thu	Practice (Parent Meeting)	N/A	5:00 PM	5:15 PM	Cross Country Course			
POSTPONED Sep 16, 2022	Fri	Practice (NO PRACTICE TODAY)	N/A	TBD		Cross Country Course			
Sep 19, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 20, 2022	Tue	Regular Season	Central Valley Academy, Rome Free Academy	4:00 PM		Cross Country Course			L
Sep 21, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 22, 2022	Thu	Practice (Picture Day!! )	N/A	3:30 PM		Oneida HS, Fariel Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2022	Thu	Practice	N/A	3:45 PM	5:00 PM	Cross Country Course			
Sep 23, 2022	Fri	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Sep 24, 2022	Sat	Regular Season	TBD	8:00 AM		Proctor Park		<b>Departure Point:</b> High School <b>Departure Time:</b> 7:15 AM	L
Sep 26, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 27, 2022	Tue	Regular Season	Camden @ New Hartford	4:30 PM		Cross Country Course (Perry JH)	<b>Bus/Driver:</b> Oneida <b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> OSMS <b>Departure Date:</b> Oct 4, 2022 <b>Departure Time:</b> 2:40 PM <b>Return Date:</b> Oct 4, 2022 <b>Return Time:</b> 6:30 PM	L
Sep 28, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 29, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			
Sep 30, 2022	Fri	Practice (Practice Cancelled)	N/A	TBD		TBD			
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Notre Dame, Utica, Corcoran (Syracuse West), Rome Free Academy, Oneonta, Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Liverpool, Cooperstown (Modified), Central Valley Academy, Oriskany, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Herkimer, South Lewis, Central Square, Remsen @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park			NL
Oct 3, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2022	Tue	Regular Season	Whitesboro @ Notre Dame, Utica	4:00 PM		Proctor Park, Utica	<b>Bus/Driver:</b> Oneida School District	L
POSTPONED Oct 5, 2022	Wed	Practice (NO PRACTICE TODAY)	N/A	TBD		TBD		
POSTPONED Oct 6, 2022	Thu	Practice (NO PRACTICE PLEASE RUN ON YOUR OWN TODAY )	N/A	TBD		TBD		
Oct 7, 2022	Fri	Practice (NO PRACTICE TODAY)	N/A	TBD		TBD		
Oct 10, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course		
Oct 11, 2022	Tue	Regular Season (*Note VVS/Holland Patent will be Non League)	Holland Patent, Utica Proctor (JFK/DMS), Vernon-Verona-Sherrill	4:00 PM		Cross Country Course		L
Oct 12, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course		
Oct 13, 2022	Thu	Practice (NO PRACTICE TODAY)	N/A	TBD		TBD		
Oct 14, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course		
Oct 15, 2022	Sat	Regular Season	TBD	8:00 AM		Tully XC Course	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:15 AM	L
Oct 15, 2022	Sat	Regular Season	Westhill, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Cincinnatus, Cicero-North Syracuse, East Syracuse Minoa, Fayetteville-Manlius, Fulton, Jamesville-Dewitt, Liverpool, Mexico, Manlius Pebble Hill, Notre Dame, Utica, Sandy Creek, South Jefferson, Trumansburg, West Genesee, Sauquoit Valley, Whitesboro, Chittenango @ Tully	8:45 AM	2:00 PM	Tully XC Course		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 17, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			
Oct 18, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			
Oct 19, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course			
Oct 20, 2022	Thu	Practice	N/A	3:15 PM	4:45 PM	Cross Country Course			
Oct 21, 2022	Fri	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Oct 22, 2022	Sat	Regular Season (TVL League championship)	Whitesboro, Camden, Holland Patent, Notre Dame, Utica, Utica Proctor (JFK/DMS), Rome Free Academy, Vernon-Verona-Sherrill, Central Valley Academy @ New Hartford	10:00 AM		Cross Country Course (Perry JH)	Bus/Driver: Oneida School District	Departure Point: High School Departure Time: 8:00 AM Return Date: Return Time: 12:30 PM	L
Oct 24, 2022	Mon	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Oct 25, 2022	Tue	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Oct 26, 2022	Wed	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Oct 27, 2022	Thu	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Oct 28, 2022	Fri	Practice (Ice Cream Run to Byrne Dairy!)	N/A	3:15 PM	4:30 PM	Cross Country Course			
Oct 29, 2022	Sat	Regular Season	TBD @ TBD	TBD		Adirondack HS		Departure Point: High School Departure Time: 7:15 AM	L

Date: 2025-12-19