Coaches:

• Kevin Goggins

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START END TIME TIME | | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|--|------------------------|--|---|----------------------------|
| Aug 22, 2022 | Mon | Practice | N/A | 7:30 AM | HS Track | | |
| Aug 23, 2022 | Tue | Practice | N/A | 7:30 AM | HS Track | | |
| Aug 24, 2022 | Wed | Practice | N/A | 7:30 AM | HS Track | | |
| Aug 25, 2022 | Thu | Practice | N/A | 7:30 AM | HS Track | | |
| Aug 26, 2022 | Fri | Practice | N/A | 7:30 AM | HS Track | | |
| Aug 27, 2022 | Sat | Practice | N/A | 7:30 AM | HS Track | | |
| Aug 29, 2022 | Mon | Practice | N/A | 7:30 AM | HS Track | | |
| Aug 30, 2022 | Tue | Practice | N/A | 7:30 AM | HS Track | | |
| Aug 31, 2022 | Wed | Practice | N/A | 7:30 AM | HS Track | | |
| Sep 2, 2022 | Fri | Practice | N/A | 7:30 AM | HS Track | | |
| Sep 6, 2022 | Tue | Practice | N/A | 3:15 PM | HS Track | | |
| Sep 10, 2022 | Sat | Regular Season | @ TBD | TBD | Cross Country Course | | L |
| Sep 17, 2022 | Sat | Regular Season | @ TBD | TBD | Perry JH Football/Lacrosse Field | Departure Date: Sep 17, 2022 Departure Time: 7:00 AM | L |
| Sep 20, 2022 | Tue | Regular Season | Central Valley Academy, Rome Free Academy | 4:00 PM | Cross Country Course | | L, |
| Sep 24, 2022 | Sat | Regular Season | @ TBD | TBD | Proctor Park | | L |
| Sep 27, 2022 | Tue | Regular Season | Camden @ New Hartford | 4:30 PM | Cross Country Course (Perry JH) | | L |
| Oct 1, 2022 | Sat | Regular Season (Whitesboro Cross country invitational) | Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Adirondack, Cooperstown (Cooperstown/Milford), Central Valley Academy, Oriskany, West Canada Valley, Fulton, Mount Markham, Utica Proctor, Herkimer, Hamilton, Holland Patent, Clinton @ Whitesboro | 9:00 AM | Deerfield Town Wilderness Park | | NL |
| Oct 1, 2022 | Sat | Regular Season | @ TBD | TBD | Deerfield Town Wilderness Park | | L |
| | | | | | | | |

| DATE | WEE! DAY | TYPE | OPPONENTS | START END TIME TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|---|------------------------|---------------------------------------|----------------|----------------------------|
| Oct 4, 2022 | Tue | Regular Season | Whitesboro @ Notre Dame, Utica | 4:00 PM | Proctor Park, Utica | | L |
| Oct 11, 2022 | Tue | Regular Season (*Note VVS/Holland Patent will be Non League) | Holland Patent, Utica Proctor, Vernon- Verona-Sherrill | 4:00 PM | Cross Country Course | | L |
| Oct 22, 2022 | Sat | Regular Season (TVL League championship) | Whitesboro, Camden, Holland Patent, Notre Dame, Utica, Utica Proctor, Rome Free Academy, Vernon- Verona-Sherrill, Central Valley Academy @ New Hartford | 10:00 AM | Cross Country Course (Perry JH) | | L |
| Oct 22, 2022 | Sat | Regular Season (TVL Meet) | Camden, Vernon- Verona-Sherrill, Central Valley Academy @ New Hartford | 4:00 PM | Cross Country Course (Perry JH) | | L |
| Oct 29, 2022 | Sat | Regular Season | @ TBD | TBD | Adirondack HS | | L |

Date: 2026-01-03