



# Oneida

## (B) 7/8TH Cross Country

### Coaches:

- Mary Houck

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 30, 2023	Wed	Practice (Practice)	N/A	9:00 AM	10:00 PM	Cross Country Course			
Aug 31, 2023	Thu	Practice (Practice)	N/A	9:00 AM	10:00 PM	Cross Country Course			
Sep 1, 2023	Fri	Practice (Practice)	N/A	9:00 AM	10:00 PM	Cross Country Course			
Sep 5, 2023	Tue	Practice (Practice)	N/A	3:00 PM	4:00 PM	Cross Country Course			
Sep 6, 2023	Wed	Practice (Practice)	N/A	3:00 PM	4:00 PM	Cross Country Course			
Sep 7, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Sep 12, 2023	Tue	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Sep 13, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Sep 14, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	Cross Country Course			
Sep 19, 2023	Tue	Regular Season	Notre Dame, Utica, Utica Proctor (JFK/DMS) @ Rome Free Academy	4:30 PM		RFA Cross Country Course			L
Sep 23, 2023	Sat	Regular Season (Queensbury invitational)	Amsterdam, Schenectady High School (Modified), Schuylerville, Maple Hill, Shaker High School, Greenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School			L
Sep 26, 2023	Tue	Regular Season	Whitesboro @ New Hartford	4:00 PM		Cross Country Course (Perry JH)			L
Sep 30, 2023	Sat	Regular Season (E.J. Herrmann Invite / Utica Proctor Park )	@ TBD	9:00 AM		Proctor Park	<b>Bus/Driver:</b> Mr Randy Bonville	<b>Departure Point:</b> High School	NL
Sep 30, 2023	Sat	Regular Season (Whitesboro Cross Country Invitational )	@ TBD	9:00 AM		Deerfield Town Wilderness Park		<b>Departure Point:</b> High School	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 3, 2023	Tue	Regular Season	Camden, Holland Patent	4:00 PM		Cross Country Course			L
Oct 10, 2023	Tue	Regular Season	Central Valley Academy @ Vernon-Verona-Sherrill	4:00 PM		Cross Country Course			L
Oct 21, 2023	Sat	Regular Season	@ TBD	9:00 AM		Holland Patent HS	<b>Departure Point:</b> High School		L
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Rome Free Academy, Vernon-Verona-Sherrill, Utica Proctor (JFK/DMS) @ Holland Patent	10:25 AM		HS Stadium / Track			L
Oct 28, 2023	Sat	Regular Season (Adirondack Invite )	@ TBD	9:00 AM		Adirondack HS	<b>Departure Point:</b> High School		NL

Date: 2024-05-06