Oneida
(B) 7/8TH Cross Country

Coaches:

- Mary Houck

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2022	Mon	Practice (Practice)	N/A	9:00 AM	10:30 AM	57 Gym		
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 (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	N/A	3:15 PM	5:00 PM	Cross Country Course		
Sep 13, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course		
Sep 14, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course		
Sep 15, 2022	Thu	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		
Sep 16, 2022	Fri	Practice (NO PRACTICE PLEASE RUN ON YOUR OWN TODAY)	N/A	TBD		TBD		
Sep 19, 2022	Mon	Practice	N/A	3:30 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	3:30 PM	5:00 PM	Cross Country Course		
Sep 22, 2022	Thu	Practice (Picture Day!!)	N/A	3:30 PM		Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	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	3:30 PM	4:30 PM	Cross Country Course		
Sep 26, 2022	Mon	Practice (NO PRACTICE TODAY)	N/A	TBD		TBD		
Sep 28, 2022	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course		
Sep 29, 2022	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course		
Sep 30, 2022	Fri	Practice (Practice Cancelled)	N/A	TBD		TBD		
Oct 3, 2022	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course		
Oct 5, 2022	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course		
Oct 6, 2022	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course		
Oct 7, 2022	Fri	Practice (NO PRACTICE TODAY)	N/A	TBD		TBD		
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

Date: 2024-04-20