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 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	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	3:30 PM	4:30 PM	Cross Country Course			
Sep 26, 2022	Mon	Practice (NO PRACTICE TODAY)	N/A	TBD		TBD			
Sep 27, 2022	Tue	Regular Season	Camden @ New Hartford	4:30 PM		Cross Country Course (Perry JH)	**Bus/Driver:** Oneida **Class Dismissal:** 2:25 PM	**Departure Point:** OSMS **Departure Date:** Sep 27, 2022 **Departure Time:** 2:45 PM **Return Date:** **Return Time:** 6:30 PM	L
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 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Rome Free Academy, Notre Dame, Utica, Corcoran (Syracuse West), Oneonta, New York Mills, New Hartford, Westmoreland, Adirondack, Hamilton, Cooperstown (Modified), Liverpool, Central Valley Academy, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Oriskany, South Lewis, Central Square, Remsen (Remsen/Town of Webb) @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park			NL
Oct 3, 2022	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course			
Oct 4, 2022	Tue	Regular Season	Whitesboro @ Notre Dame, Utica	4:00 PM		Proctor Park, Utica			L
Oct 5, 2022	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Cross Country Course			

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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
Oct 15, 2022	Sat	Regular Season	@ TBD	8:00 AM		Tully XC Course	**Departure Point:** High School **Departure Time:** 7:30 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, Chittenango, Whitesboro @ Tully	8:45 AM	2:00 PM	Tully H S		NL
Oct 29, 2022	Sat	Regular Season	@ TBD	TBD		Adirondack HS	**Departure Point:** High School **Departure Time:** 7:30 AM	L

Date: 2024-04-17