



Remsen

(G) V Cross Country

Coaches:

- Fay Harper

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 18, 2025	Mon	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 19, 2025	Tue	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 20, 2025	Wed	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 21, 2025	Thu	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 22, 2025	Fri	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 25, 2025	Mon	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 26, 2025	Tue	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 27, 2025	Wed	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 28, 2025	Thu	Practice	N/A	7:00 AM	8:30 AM	TBD		
Aug 29, 2025	Fri	Practice	N/A	7:00 AM	8:30 AM	TBD		
Sep 2, 2025	Tue	Practice (Practice)	N/A	7:00 AM	8:00 AM	TBD		
Sep 3, 2025	Wed	Practice (Practice)	N/A	7:00 AM	8:00 AM	TBD		
Sep 4, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 5, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Utica Proctor, Auburn, Camden, Weedsport, Fayetteville-Manlius, Chittenango, Canastota, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Onondaga Central, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius-Pompey, Vernon-Verona-Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM		Mount Markham HS	Departure Time: 6:15 AM	NL
Sep 8, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 9, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 10, 2025	Wed	Regular Season	New York Mills, Dolgeville, Town of Webb UFSD @ Clinton	4:30 PM		Kirkland Town Park	Departure Time: 3:00 PM	L
Sep 11, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 15, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 16, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 17, 2025	Wed	Regular Season	Adirondack, Mount Markham, Owen D. Young (Richfield/ODY), Town of Webb UFSD @ Herkimer	4:30 PM		Herkimer E S	Departure Time: 3:00 PM	NL
Sep 18, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 20, 2025	Sat	Regular Season (John Izzo Cross Country Classic)	@ TBD	9:00 AM		Letchworth State Park		NL
Sep 22, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 23, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 24, 2025	Wed	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 25, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 26, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 29, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	TBD		
Sep 30, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 1, 2025	Wed	Regular Season	Hamilton, West Canada Valley, Sherburne-Earlville, Waterville, Town of Webb UFSD	4:30 PM	6:30 PM	Remsen Jr/Sr H.S.		L
Oct 2, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 3, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 4, 2025	Sat	Regular Season (Saratoga CC Invitational)	@ Saratoga Springs High School	10:30 AM		Pitney Meadows Community Farm	Departure Time: 9:30 AM	NL
Oct 6, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 7, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 8, 2025	Wed	Regular Season	Westmoreland, Sauquoit Valley, Town of Webb UFSD @ Canastota	4:30 PM		TBD	Departure Time: 2:45 PM	L
Oct 9, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 10, 2025	Fri	Meet (Chittenango Twilight Invitational)	Vs. Multiple	4:00 PM	6:30 PM	Chittenango HS-Stadium, Chittenango HS-Multi Turf	Departure Time: 2:30 PM	NL
Oct 14, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 15, 2025	Wed	Regular Season	Poland, Cooperstown, Town of Webb UFSD @ Little Falls	4:30 PM		Little Falls HS	Departure Time: 3:00 PM	L
Oct 16, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 17, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 20, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 21, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 22, 2025	Wed	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 23, 2025	Thu	Practice	N/A	2:45 PM	4:30 PM	TBD		
Oct 24, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 25, 2025	Sat	Regular Season (Center State Conference Championship)	Canastota, Clinton, Sherburne-Earlville, Herkimer, Mount Markham, Little Falls, Adirondack, Westmoreland, Waterville, Dolgeville, Poland, New York Mills, Hamilton, West Canada Valley, Owen D. Young (Richfield/ODY), Cooperstown, Town of Webb UFSD @ Sauquoit Valley	10:00 AM		Town Park	Departure Time: 8:15 AM	L
Oct 27, 2025	Mon	Practice	N/A	2:45 PM	4:00 PM	TBD		
Oct 28, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	TBD	Departure Time: 2:45 PM	
Oct 29, 2025	Wed	Practice	N/A	2:45 PM	4:00 PM	TBD		
Oct 30, 2025	Thu	Practice	N/A	2:45 PM	4:00 PM	TBD		
Oct 31, 2025	Fri	Practice	N/A	2:45 PM	4:00 PM	TBD		
Nov 3, 2025	Mon	Practice	N/A	2:45 PM	4:00 PM	TBD		
Nov 4, 2025	Tue	Practice	N/A	2:45 PM	4:00 PM	TBD		
Nov 5, 2025	Wed	Practice	N/A	2:45 PM	4:00 PM	TBD		
Nov 6, 2025	Thu	Practice	N/A	2:45 PM	4:00 PM	TBD		
Nov 7, 2025	Fri	Practice	N/A	2:45 PM	4:00 PM	TBD		
Nov 8, 2025	Sat	Post-Season (Section III Championships)	@ Mount Markham	9:30 AM		Mount Markham HS	Departure Time: 7:30 AM	NL

Date: 2025-12-05