



Vestal

(G) V Cross Country

Coaches:

- Stephen Marcin, Head Coach
- Mike Olson, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 19, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 20, 2019	Tue	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 21, 2019	Wed	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 22, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 23, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 24, 2019	Sat	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 26, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 27, 2019	Tue	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 28, 2019	Wed	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 29, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 30, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Aug 31, 2019	Sat	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Sep 2, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal Dick Hoover Stadium		
Sep 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 4, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 5, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 6, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 12, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 13, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 17, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 23, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 24, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 25, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 26, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Sep 30, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Oct 11, 2019	Fri	Regular Season (Bob Greene Invitational)	TBD, Athens, Blue Ridge, Chenango Valley, Corning-Painted Post, Delaware Academy, Notre Dame, Elmira, Horseheads, Ithaca, Johnson City, Lansing, Port Byron (Port Byron/Union Springs), Seneca Falls, Seton Catholic Central, Southern Cayuga, Tioga, Tully, Waverly, West Genesee, Windsor @ Newark Valley	4:00 PM	6:00 PM	Newark Valley High School		NL

Date: 2024-07-13