



Vestal

(G) 7/8TH Cross Country

Coaches:

- Ron O'Shea, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Flash Forbes Invitational)	@ TBD	TBD		Fortin Park, Oneonta	Departure Time: 7:30 AM Return Date: Return Time: 2:00 PM	L
Sep 13, 2024	Fri	Regular Season (Owego Invitational)	@ TBD	TBD		Owego High School	Departure Time: 4:30 PM Return Date: Return Time: 8:00 PM	L
Sep 21, 2024	Sat	Regular Season (Conwicke Stock Invitational)	@ TBD	TBD		Ann McGuinness	Departure Time: 8:30 AM Return Date: Return Time: 12:45 PM	L
Sep 27, 2024	Fri	Regular Season (Pete Matzke M-E Invitational)	@ TBD	TBD		Maine Memorial Elementary	Departure Time: 3:30 PM Return Date: Return Time: 8:30 PM	L
Sep 28, 2024	Sat	Regular Season (McQuiad Invitational)	@ TBD	TBD		Genesee Valley Park, Rochester	Departure Time: 6:30 AM Return Date: Return Time: 8:00 PM	L
Oct 5, 2024	Sat	Regular Season (McDaniel Baxter Invitational)	@ TBD	TBD		Chenango Valley High School	Departure Time: 7:30 AM Return Date: Return Time: 12:30 PM	L
Oct 11, 2024	Fri	Regular Season (Bob Greene Invitational)	@ TBD	TBD		Newark Valley High School	Departure Time: 2:30 PM Return Date: Return Time: 8:30 PM	L
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	TBD		Appleby Elementary	Departure Time: 7:00 AM Return Date: Return Time: 1:30 PM	L
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning High, Elmira, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Chenango Valley, Owego Apalachin, Seton Catholic Central, Waverly, Norwich, Susquehanna Valley, Windsor @ Oneonta	9:00 AM		TBD		NL
Oct 26, 2024	Sat	Regular Season (STAC Championship)	@ TBD	TBD		Fortin Park, Oneonta	Departure Time: 8:00 AM Return Date: Return Time: 12:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 2, 2024	Sat	Regular Season (Battle of Hynes Hill)	@ TBD	TBD		Ann McGuiness	Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM	L

Date: 2024-09-14