



# 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	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	L
Sep 13, 2024	Fri	Regular Season (Owego Invitational)	@ TBD	TBD		Owego High School	<b>Departure Time:</b> 4:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Sep 21, 2024	Sat	Regular Season (Conwicke Stock Invitational)	@ TBD	TBD		Ann McGuiness	<b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 12:45 PM	L
Sep 27, 2024	Fri	Regular Season (Pete Matzke M-E Invitational)	@ TBD	TBD		Maine Memorial Elementary	<b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Sep 28, 2024	Sat	Regular Season (McQuiad Invitational)	@ TBD	TBD		Genesee Valley Park, Rochester	<b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Oct 5, 2024	Sat	Regular Season (McDaniel Baxter Invitational)	@ TBD	TBD		Chenango Valley High School	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 12:30 PM	L
Oct 11, 2024	Fri	Regular Season (Bob Greene Invitational)	@ TBD	TBD		Newark Valley High School	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Oct 19, 2024	Sat	Regular Season (Marathon Invitational)	@ TBD	TBD		Appleby Elementary	<b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 1:30 PM	L
Oct 26, 2024	Sat	Regular Season (STAC Championship)	@ TBD	TBD		Fortin Park, Oneonta	<b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L
Nov 2, 2024	Sat	Regular Season (Battle of Hynes Hill)	@ TBD	TBD		Ann McGuiness	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 1:00 PM	L

Date: 2024-08-10