



# Central Valley Academy

## (B) V Cross Country

### Coaches:

- Charles Maxson

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Diss Athletic Complex		
Aug 27, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	Diss Athletic Complex		
Aug 28, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	Diss Athletic Complex		
Aug 29, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Diss Athletic Complex		
Sep 3, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 4, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 5, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 9, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 10, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 11, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 12, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 16, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 17, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 18, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 19, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 20, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 23, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 25, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 26, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Sep 30, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 2, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 3, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 7, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 8, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 8, 2024	Tue	Regular Season	New Hartford, Rome Free Academy	4:00 PM		Diss Athletic Complex		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 9, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 10, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 11, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 16, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 17, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 21, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 22, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 23, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 24, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 28, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 29, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 30, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Oct 31, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Nov 1, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Nov 4, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Nov 5, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Nov 6, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		
Nov 7, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Complex		

Date: 2024-08-18