



Central Valley Academy

(B) 7/8TH Cross Country

Coaches:

- Nicole Monk

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 4, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 5, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 6, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 9, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 10, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 11, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 12, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 16, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 17, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 18, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 19, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 20, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 23, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 25, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 26, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 27, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Sep 30, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Diss Athletic Track		
Oct 8, 2024	Tue	Regular Season	New Hartford, Rome Free Academy	4:00 PM		Diss Athletic Complex		L

Date: 2024-08-20