

Coaches:

- Norman Deep Jr., Head Coach
- Rose Pitman

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE I / NON- LEAGUE
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ TBD	TBD		Cross Country Course		NL
Sep 11, 2019	Wed	Regular Season	Sauquoit Valley, Westmoreland, Holland Patent	4:30 PM		Kirkland Town Park		L
Sep 14, 2019	Sat	Regular Season (XC Invite)	Vernon-Verona- Sherrill, Whitesboro, Hilton, Adirondack, Edmeston (Edmeston/Morris), Herkimer, Notre Dame, Utica, Oneonta, Utica Proctor, Hamilton @ New Hartford	a.nn		Cross Country Course (Perry JH)		NL
Sep 18, 2019	Wed	Regular Season	TBD, Sherburne- Earlville, Hamilton, Remsen (Remsen/Town of Webb) @ New York Mills	4:30 PM		Deerfield Town Wilderness Park		L
Sep 25, 2019	Wed	Regular Season	Cooperstown, Herkimer	4:30 PM		Kirkland Town Park		L
Sep 28, 2019	Sat	Regular Season (E.J. Herrmann Invitational)	@ TBD	9:00 AM		Proctor Park		NL
Oct 2, 2019	Wed	Regular Season	Adirondack, Waterville @ Oriskany	4:30 PM		Bernie Block Field @ Walbran Elementary		L
Oct 5, 2019	Sat	Regular Season (Tully Invitational)	@ TBD	9:00 AM		Tully XC Course		NL
Oct 12, 2019	Sat	Regular Season (Rome Invitational)	TBD	1:50 PM		TBD	Departure Time: 11:00 AM	NL
Oct 16, 2019	Wed	Regular Season	Poland, Little Falls, Dolgeville, Mount Markham @ West Canada Valley	4:30		TBD		L
Oct 19, 2019	Sat	Regular Season (CSC Champion meet)	New York Mills, West Canada Valley, Poland, Sauquoit Valley, Little Falls, Dolgeville, Remsen (Remsen/Town of Webb), TBD, Cooperstown, Herkimer, Westmoreland, Sherburne- Earlville, Hamilton, Mount Markham, Adirondack, Holland Patent, Oriskany, Waterville, Canastota @ TBD	12:00 PM		Kirkland Town Park		L
Oct 26, 2019	Sat	Regular Season	West Canada Valley, Poland, Dolgeville, Mount Markham @ Little Falls	4:30 PM		Little Falls HS		L

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Oct 26, 2019	Sat	Regular Season (Adirondack Invitational)	@ TBD	TBD		Adirondack HS		NL
Oct 3, 2020	Sat	Regular Season 15-45 W	Westmoreland	11:00 AM	12:00 PM	Clinton HS		L
Oct 7, 2020	Wed	Regular Season 19-43 W	Canastota	4:30 PM	5:30 PM	Clinton HS		L
POSTPONED Oct 12, 2020	Mon	Regular Season	Camden	2:30 PM	4:00 PM	Clinton HS		NL
Oct 21, 2020	Wed	Regular Season 15-44 W	Mount Markham	4:30 PM	5:30 PM	Clinton HS		L
Oct 24, 2020	Sat	Regular Season 21-34 W	@ Sauquoit Valley	11:00 AM	12:00 PM	Town Park	Departure Time: 9:45 AM	L
Oct 26, 2020	Mon	Regular Season 23-32 W	@ Oriskany	4:30 PM	5:30 PM	Bernie Block Field @ Walbran Elementary		L
Oct 28, 2020	Wed	Regular Season 18-45 W	Holland Patent	4:00 PM	5:00 PM	Clinton HS		L
Oct 31, 2020	Sat	Regular Season	@ TBD	10:00 AM	10:45 AM	WC High School		L
Sep 16, 2021	Thu	Regular Season	West Canada Valley, Poland, Dolgeville, Mount Markham @ Little Falls	4:30 PM		Little Falls HS		L
Sep 18, 2021	Sat	Regular Season (New Hartford Invitational)	Whitesboro, Oriskany, Edmeston (Edmeston/Morris), Adirondack, Vernon-Verona- Sherrill @ New Hartford	, 10:25 AM		Cross Country Course (Perry JH)		NL
Sep 22, 2021	Wed	Regular Season	Sauquoit Valley, Holland Patent @ Westmoreland	4:30 PM		TBD		L
Sep 29, 2021	Wed	Regular Season	Remsen (Remsen/Town of Webb), Sherburne- Earlville, Hamilton, New York Mills, Owen D. Young (Richfield/ODY)			Stadium Field		L
Oct 2, 2021	Sat	Regular Season (Whitesboro Invitational)	Remsen (Remsen/Town of Webb), Central Valley Academy, Oriskany, Altmar- Parish- Williamstown (APW Rebels), New Hartford, Phoenix, Henninger (Henninger), Utica Proctor, Edmeston (Edmeston/Morris), Westmoreland, Notre Dame, Utica, Cooperstown, Oneonta, Sauquoit Valley, West Canada Valley, Corcoran (Syracuse West), Canastota @ Whitesboro	AM	3:30 PM	Deerfield Town Wilderness Park		NL

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Oct 6, 2021	Wed	Regular Season	Canastota, Herkimer @ Cooperstown	4:00 PM		Clarks Tower		L
Oct 8, 2021	Fri	Meet (Chittenango Twilight Bears Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS- Stadium, Chittenango HS- XC Course		NL
Oct 13, 2021	Wed	Regular Season	Adirondack, Oriskany @ Waterville	4:30 PM		Waterville H S		L
Oct 16, 2021	Sat	Regular Season (The John Bernard - Adirondack - Cross Country Invitational)	@ TBD	TBD		Adirondack HS		NL
Oct 23, 2021	Sat	Regular Season (CSC League Championship)	@ TBD	11:30 AM		TBD		L
Nov 6, 2021	Sat	Post-Season (Sectionals)	@ TBD	9:00 AM		Cross Country Course		NL
Sep 2, 2022	Fri	Regular Season (Combined Practice)	@ TBD	TBD		VVS HS		L
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	@ TBD	9:00 AM	12:00 PM	Cross Country Course		L
Sep 14, 2022	Wed	Regular Season	Mount Markham, Owen D. Young (Richfield/ODY), Westmoreland	4:30 PM		Clinton HS		L
Sep 17, 2022	Sat	Regular Season (New Hartford Invitational at Perry Jr. HS)	@ TBD	9:00 AM	12:00 PM	TBD		L
Sep 21, 2022	Wed	Regular Season	Remsen (Remsen/Town of Webb), Hamilton, New York Mills @ Sherburne-Earlville	4:30 PM		Sherburne- Earlville HS		L
Sep 24, 2022	Sat	Regular Season (EJ Herman Invite at Proctor Park)	@ TBD	9:00 AM	12:00 PM	TBD		L
Sep 28, 2022	Wed	Regular Season	Canastota, Herkimer @ Cooperstown	4:30 PM		Clarks Tower		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Cooperstown, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Utica Proctor, Oneida, Herkimer, Holland Patent @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 1, 2022	Sat	Regular Season (Whitesboro Invite at Deerfield Town Park)	@ TBD	9:00 AM	12:00 PM	TBD		L
Oct 5, 2022	Wed	Regular Season	Waterville, Oriskany @ Adirondack	4:30 PM	7:30 PM	Adirondack HS		L

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Oct 7, 2022	Fri	Meet (Chittenango Bears Twilight Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS- Stadium, Chittenango HS- Soccer Field (Grass)		NL
Oct 12, 2022	Wed	Regular Season	West Canada Valley, Poland, Dolgeville, Sauquoit Valley @ Little Falls	4:30 PM		Little Falls HS		L
Oct 22, 2022	Sat	Regular Season (CSC League Championship at HCCC)	Westmoreland, Mount Markham, Owen D. Young (Richfield/ODY), New York Mills, Herkimer, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen/Town of Webb), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne- Earlville, Hamilton @ Cooperstown	11:00 AM		Herkimer County CC		L
Oct 29, 2022	Sat	Regular Season (Adirondack Invitational)	@ Adirondack	9:00 AM	3:30 PM	Adirondack HS		L
Nov 5, 2022	Sat	Regular Season (Section 3 Class Championships/State Qualifier at VVS)	@ TBD	10:00 AM	2:00 PM	VVS HS		L
Nov 12, 2022	Sat	Regular Season (NYSPHSAA Championships at VVS)	@ TBD	TBD		VVS HS		L
Aug 31, 2023	Thu	Practice (Combined Practice)	N/A	9:30 AM	11:00 AM	VVS HS		
Sep 9, 2023	Sat	Regular Season (NH Invitational)	@ New Hartford	TBD		Cross Country Course (Perry JH)		L
Sep 13, 2023	Wed	Regular Season	Canastota, Cooperstown @ Waterville	4:30 PM		Waterville H S		L
Sep 16, 2023	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona- Sherrill	TBD		Cross Country Course		L
Sep 20, 2023	Wed	Regular Season	Westmoreland, Oriskany, Herkimer @ Remsen (Remsen/Town of Webb)	4:30 PM		Remsen Jr/Sr H.S.		L
CANCELLED Sep 23, 2023	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail		L
Sep 27, 2023	Wed	Regular Season	Poland, Owen D. Young (Richfield/ODY) @ West Canada Valley	4:30 PM		TBD		L
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invitational)	@ Utica Proctor	TBD		Proctor Park		L
		Regular Season	Adirondack, New York Mills, Little	4:30		Stadium Field		L

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Oct 7, 2023	Sat	Regular Season (Whitesboro Invitational)	@ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		L
Oct 11, 2023	Wed	Regular Season (Senior Night)	Hamilton, Mount Markham, Sauquoit Valley @ Sherburne-Earlville			Sherburne- Earlville HS		L
Oct 14, 2023	Sat	Regular Season (Bill Coughlin Cross Country Invitational)	Little Falls @ Rome Free Academy	11:40 AM		Rome Free Academy H S		L
Oct 21, 2023	Sat	Regular Season (CSC League Meet)	@ Mount Markham	TBD		HS Track		L
Oct 28, 2023	Sat	Regular Season (Adirondack Invitational)	@ Adirondack	TBD		Adirondack HS		L
Nov 4, 2023	Sat	Regular Season (Section III Championships)	@ Vernon-Verona- Sherrill	TBD		Cross Country Course		L
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen (Remsen/Town of Webb), Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Vernon-Verona-Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham		12:00 PM	HS Track		NL

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Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	Whitesboro, Mount Markham, Dolgeville, Hamilton, Notre Dame, Utica, Unadilla Valley (UV/GMU), Central Valley Academy, Utica Proctor, Rome Free Academy @ New Hartford	9:00		Cross Country Course (Perry JH)		NL
Sep 18, 2024	Wed	Regular Season	Canastota, Owen D. Young (Richfield/ODY), Poland	4:30 PM		TBD		L
CANCELLED Sep 21, 2024	Sat	Regular Season	@ TBD	TBD		TBD		L
Sep 23, 2024	Mon	Practice (Kirkland Town Park)	N/A	3:00 PM		Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 2:45 PM	
Sep 25, 2024	Wed	Regular Season	Herkimer, Little Falls @ Sauquoit Valley	4:30 PM		Town Park	Departure Point: Elm St Parking Lot Departure Time: 2:45 PM	L
Sep 28, 2024	Sat	Regular Season (EJ Hermann Invitational)	@ Utica Proctor	9:30 PM		Proctor Park		NL
Sep 30, 2024	Mon	Practice (Kirkland Town Park)	N/A	3:00 PM		Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 2:45 PM	
Oct 2, 2024	Wed	Regular Season (Senior Night)	Westmoreland, Dolgeville @ Adirondack	4:30 PM		Adirondack HS	Departure Point: Elm St Parking Lot Departure Time: 2:45 PM	L
Oct 5, 2024	Sat	Regular Season (Whitesboro XC Invitational)	Holland Patent, Cooperstown, Little Falls, Mount Markham, Oswego, Notre Dame, Utica, Beaver River, DeRuyter, Remsen (Remsen/Town of Webb), Poland, Central Valley Academy @ Whitesboro	9:00 AM	6:30 PM	Deerfield Town Wilderness Park	Departure Point: Elm St Parking Lot Departure Time: 8:00 AM	NL
POSTPONED Oct 7, 2024	Mon	Practice (Kirkland Town Park)	N/A	3:00 PM		Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 2:45 PM	
Oct 8, 2024	Tue	Practice	N/A	3:00 PM		Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 2:45 PM	
Oct 9, 2024	Wed	Regular Season	Hamilton, Sherburne- Earlville, Cooperstown, Mount Markham, Remsen (Remsen/Town of Webb)	4:30 PM		Kirkland Town Park	Departure Point: Elm St. Parking Lot Departure Time: 3:00 PM	
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona- Sherrill	9:00 AM		Cross Country Course	Departure Point: Elm St Parking Lot Departure Time: 8:00 AM	NL

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Oct 16, 2024	Wed	Regular Season	Waterville, New York Mills @ West Canada Valley	TBD	WC High School	Departure Point: Elm St Parking Lot Departure Time: 2:45 PM
Oct 19, 2024	Sat	Regular Season (Marcellus Invitational)	@ Marcellus	9:00 AM	Marcellus Park	Departure Point: Elm St. Parking Lot Departure Time: 8:00 AM
Oct 23, 2024	Wed	Practice	N/A	2:45 PM	Westmoreland HS	Departure Point: Elm St. Parking Lot Departure Time: 2:45 PM
Oct 26, 2024	Sat	Post-Season (Center State Conference Championships)	Canastota, Poland, Hamilton, Adirondack, Sherburne-Earlville, Herkimer, West Canada Valley, Mount Markham, Dolgeville, Little Falls, New York Mills, Remsen (Remsen/Town of Webb), Sauquoit Valley, Waterville @ Westmoreland		Westmoreland H S	Departure Point: Elm St Parking Lot Departure Time: 9:00 AM
Nov 2, 2024	Sat	Regular Season	@ Adirondack	9:00 AM	Adirondack HS	NL
Nov 9, 2024	Sat	Post-Season (Section 3 Championshi[ps)	@ Mount Markham	TBD	HS Track	NL

Date: 2024-11-01