

Coaches:

• Norman Deep Jr., Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	TRANSPORTATION	LEAGU / NON- LEAGU
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	Departure Time: 2:45 PM	L
Sep 14, 2019	Sat	Regular Season (Invitational)	Whitesboro, Oneonta, Oneida, Vernon- Verona-Sherrill, Utica Proctor, Adirondack, Cazenovia, Edmeston (Edmeston/Morris), Herkimer, Notre Dame, Utica, Hamilton @ New Hartford	9:00 AM	Cross Country Course (Perry JH)		NL
Sep 18, 2019	Wed	Regular Season (Boys and Girls Varsity and Modified Cross Country at** Deerfield Wilderness Park**)	Town of Webb UFSD (Remsen/Town of Webb), Sherburne-Earlville, Hamilton, Remsen (Remsen/Town of Webb) @ New York Mills	4:30 PM	Deerfield Town Wilderness Park	Departure Time: 3:15 PM	L
Sep 25, 2019	Wed	Regular Season	Cooperstown (Cooperstown/Milford), Herkimer	4:30 PM	Kirkland Town Park	Departure Time: 3:00 PM	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	Departure Time: 3:15 PM	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	2:30 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 PM	TBD	Departure Time: 2:45 PM	L
Oct 19, 2019	Sat	Regular Season	Adirondack, West Canada Valley, Poland, Remsen (Remsen/Town of Webb), Town of Webb UFSD (Remsen/Town of Webb), Sauquoit Valley, Westmoreland, Holland Patent, Little Falls, Dolgeville, Cooperstown (Cooperstown/Milford), Sherburne-Earlville, Hamilton, Oriskany, New York Mills, Herkimer, Mount Markham, Waterville, Canastota @ TBD	11:20 AM	Kirkland Town Park	Departure Time: 8:30 AM	L

DATE	WEE! DAY	K TYPE	OPPONENTS	START TIME	T END TIME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 26, 2019	Sat	Regular Season	West Canada Valley, Poland, Dolgeville, Mount Markham @ Little Falls	4:30 PM	Little Falls HS		L
Oct 26, 2019	Sat	Regular Season (Adirondack Invitational)	@ TBD	TBD	Adirondack HS		NL

Date: 2024-07-06