

Coaches:

• Tim Hoffman, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 26, 2024	Mon	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 27, 2024	Tue	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 28, 2024	Wed	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 29, 2024	Thu	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Aug 30, 2024	Fri	Practice (TEAM HIKE)	N/A	10:00 AM		Esther Mountain, Keene, NY	Departure Date: Aug 30, 2024 Departure Time: 7:00 AM	
Sep 3, 2024	Tue	Practice	N/A	7:00 AM	9:00 AM	Holland Patent HS		
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	@ Mount Markham	9:00 AM	12:00 PM	HS Track	Departure Date: Sep 7, 2024 Departure Time: 8:00 AM	L
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 16, 2024	Mon	Practice (TRAIL RUN)	N/A	3:00 PM	5:00 PM	Egypt Road Trail	Departure Date: Sep 16, 2024 Departure Time: 2:30 PM	
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invite)	@ Baldwinsville	10:00 AM	2:00 PM	Bville - Durgee Cross Country Trail	Departure Date: Sep 21, 2024 Departure Time: 8:00 AM	L
Sep 23, 2024	Mon	Practice (TRENTON TOWN PARK RUN)	N/A	3:00 PM	5:00 PM	Other	Departure Date: Sep 23, 2024 Departure Time: 2:30 PM	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 24, 2024	Tue	Regular Season	Central Valley Academy, Camden @ Whitesboro	4:00 PM	7:00 PM	Deerfield Town Wilderness Park	Departure Date: Sep 24, 2024 Departure Time: 3:15 PM	L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Sep 28, 2024	Sat	Regular Season (Bowdoin Park CC Classic)	@ TBD	10:00 AM	6:00 PM	Bowdoin Park	Departure Date: Sep 27, 2024 Departure Time: 3:00 PM Return Date: Sep 28, 2024 Return Time: 7:00 PM	L
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Wilderness Park	Departure Date: Sep 30, 2024 Departure Time: 2:30 PM	
Oct 1, 2024	Tue	Regular Season	Whitesboro, Oneida @ New Hartford	4:00 PM	7:00 PM	Cross Country Course (Perry JH)	Departure Date: Oct 1, 2024 Departure Time: 3:15 PM	L
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 5, 2024	Sat	Regular Season (Whitesboro Invitational)	@ Whitesboro	9:10 AM	12:00 PM	Deerfield Town Wilderness Park	Departure Date: Oct 5, 2024 Departure Time: 8:30 AM	L
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 8, 2024	Tue	Regular Season	Notre Dame, Utica, Vernon-Verona- Sherrill, Whitesboro	4:30 PM	7:00 PM	Holland Patent HS		L
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 10, 2024	Thu	Practice (ORISKANY TRAIL RUN)	N/A	3:00 PM	5:00 PM	Other	Departure Date: Oct 10, 2024 Departure Time: 2:30 PM	
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 15, 2024	Tue	Regular Season	Whitesboro, Rome Free Academy @ Utica Proctor	4:00 PM		Proctor Park	Departure Date: Oct 15, 2024 Departure Time: 3:15 PM	L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 17, 2024	Thu	Practice (PIXLEY FALLS TRAIL RUN)	N/A	3:00 PM	5:00 PM	Other	Departure Date: Oct 17, 2024 Departure Time: 2:30 PM	
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 19, 2024	Sat	Regular Season (Fort Plain CC Invitational)	@ Fort Plain	9:00 AM	1:00 PM	Fort Plain HS	Departure Date: Oct 19, 2024 Departure Time: 8:00 AM	L
Oct 21, 2024	Mon	Practice (TRENTON GREENBELT TRAIL RUN)	N/A	3:00 PM	5:00 PM	Trenton Green Belt Trails	Departure Date: Oct 21, 2024 Departure Time: 2:30 PM	
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Utica Proctor, Vernon- Verona-Sherrill, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	11:00 AM		Proctor Park, Utica	Departure Date: Oct 26, 2024 Departure Time: 3:30 PM	L
Oct 28, 2024	Mon	Practice (DELTA LAKE TRAIL RUN)	N/A	3:00 PM	5:00 PM	Delta Lake State Park	Departure Date: Oct 28, 2024 Departure Time: 2:30 PM	
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 2, 2024	Sat	Regular Season (John Bernard (Adirondack) Invite)	@ Adirondack	9:00 AM	12:00 PM	Adirondack HS	Departure Date: Nov 2, 2024 Departure Time: 8:30 AM	L
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 6, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Holland Patent HS		
Nov 9, 2024	Sat	Regular Season (Sectionals)	@ Mount Markham	TBD		HS Track		L

Date: 2024-07-22