

**Coaches:** 

• Lisa Florenz, Head Coach

| DATE         | WEEP<br>DAY | <sup>K</sup> TYPE                                | OPPONENTS   | START EN<br>TIME TIM |                                       | TRANSPORTATION | LEAGUE<br>/ NON-<br>LEAGUE |
|--------------|-------------|--|---|----------------------|---------------------------------------|----------------|----------------------------|
| Sep 14, 2024 | Sat         | Regular Season<br>(New Hartford<br>Invitational) | Mount Markham,<br>Dolgeville, Whitesboro,<br>Clinton, Hamilton,<br>Notre Dame, Utica  | 9:00<br>AM           | Cross Country<br>Course (Perry<br>JH) |                | NL                         |
| Sep 24, 2024 | Tue         | Regular Season                                   | Vernon-Verona-Sherrill<br>@ Utica Proctor<br>(JFK/DMS)  | 4:00<br>PM           | Proctor Park                          |                | L                          |
| Oct 1, 2024  | Tue         | Regular Season                                   | Whitesboro, Oneida,<br>Holland Patent   | 4:00<br>PM           | Cross Country<br>Course (Perry<br>JH) |                | L                          |
| Oct 8, 2024  | Tue         | Regular Season                                   | Rome Free Academy<br>@ Central Valley<br>Academy  | 4:00<br>PM           | Diss Athletic<br>Complex              |                | L                          |
| Oct 15, 2024 | Tue         | Regular Season                                   | Notre Dame, Utica,<br>Camden  | 4:00<br>PM           | Cross Country<br>Course (Perry<br>JH) |                | L                          |
| Oct 26, 2024 | Sat         | Regular Season<br>(TVL<br>Championship)          | Rome Free Academy,<br>Whitesboro, Utica<br>Proctor (JFK/DMS),<br>Holland Patent,<br>Vernon-Verona-<br>Sherrill, Camden,<br>Central Valley<br>Academy, Oneida @<br>Notre Dame, Utica | 11:00<br>AM          | Proctor Park,<br>Utica                |                | L                          |

Date: 2024-08-20