



Oneida

(G) V Cross Country

Coaches:

- Giovani Silvestri

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 19, 2019	Mon	Practice	N/A	9:30 AM	11:00 AM	Oneida H S			
Aug 20, 2019	Tue	Practice	N/A	8:00 AM	11:00 AM	Oneida H S			
Aug 21, 2019	Wed	Practice	N/A	9:30 AM	11:00 AM	Oneida H S			
Aug 22, 2019	Thu	Practice	N/A	4:00 PM	6:00 PM	Oneida H S			
Aug 23, 2019	Fri	Practice	N/A	TBD	12:00 PM	Oneida H S			
Aug 24, 2019	Sat	Practice	N/A	9:30 AM	11:00 AM	Oneida H S			
Aug 26, 2019	Mon	Practice	N/A	8:00 AM	11:00 AM	Oneida H S			
Aug 27, 2019	Tue	Practice	N/A	9:30 AM	11:00 AM	Oneida H S			
Aug 28, 2019	Wed	Practice	N/A	9:30 AM	11:00 AM	Oneida H S			
Aug 29, 2019	Thu	Practice	N/A	8:00 AM	9:15 AM	Oneida H S			
Aug 30, 2019	Fri	Practice	N/A	9:30 AM	10:45 AM	TBD			
Aug 31, 2019	Sat	Practice	N/A	7:45 AM	10:00 AM	TBD			
Sep 3, 2019	Tue	Practice	N/A	3:20 PM	5:30 PM	Oneida H S			
Sep 4, 2019	Wed	Practice	N/A	3:20 PM	5:30 PM	Oneida H S			
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	11:00 AM		Cross Country Course		Departure Time: 8:00 AM	NL
Sep 12, 2019	Thu	Practice	N/A	3:15 PM	5:45 PM	Green Lakes State Park	Bus/Driver: School Bus	Departure Point: Oneida high School Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM	
Sep 17, 2019	Tue	Regular Season	Vernon-Verona-Sherrill @ Camden	4:00 PM		Camden Cross Country Course		Departure Time: 2:45 PM	L
Sep 19, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Green Lakes State Park		Departure Point: OHS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	
Sep 21, 2019	Sat	Regular Season (Section 7 Invitational)	@ TBD	TBD		SUNY Plattsburgh			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 24, 2019	Tue	Regular Season	Central Valley Academy @ Rome Free Academy	4:00 PM		TBD		Departure Point: OHS Departure Time: 2:45 PM Return Date: Return Time: 6:00 PM	L
Sep 26, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Green Lakes State Park		Departure Point: OHS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	2:25 PM		TBD		Departure Time: 8:30 AM	NL
Oct 1, 2019	Tue	Regular Season	New Hartford @ Notre Dame, Utica	TBD		TBD		Departure Point: OHS Departure Time: 2:45 PM Return Date: Return Time: 6:00 PM	L
Oct 3, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Green Lakes State Park		Departure Point: OHS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	
Oct 8, 2019	Tue	Regular Season	Utica Proctor, Whitesboro	4:00 PM		TBD			L
Oct 10, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Green Lakes State Park		Departure Point: OHS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	
Oct 12, 2019	Sat	Regular Season (Manhattan Invitational)	@ TBD	TBD		TBD			NL
Oct 17, 2019	Thu	Practice	N/A	3:15 PM	5:15 PM	Green Lakes State Park		Departure Point: OHS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	
Oct 22, 2019	Tue	Regular Season (TVL Championship)	Central Valley Academy, Camden, New Hartford, Notre Dame, Utica, Rome Free Academy, Utica Proctor, Vernon-Verona-Sherrill @ Whitesboro	4:25 PM		Deerfield Town Wilderness Park		Departure Time: 1:45 PM	L

