



Horseheads

(B) 7/8TH Cross Country

Coaches:

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------|-----------|------------|----------|-------------------------------|-----------|----------------|---------------------|
| Aug 20, 2018 | Mon | Practice | N/A | 5:30 PM | 7:00 PM | HHS High School Track | | | |
| Aug 21, 2018 | Tue | Practice | N/A | 5:00 PM | 6:30 PM | HHS High School Track | | | |
| Aug 22, 2018 | Wed | Practice | N/A | 5:00 PM | 6:30 PM | HHS High School Track | | | |
| Aug 23, 2018 | Thu | Practice | N/A | 5:00 PM | 6:30 PM | HHS High School Track | | | |
| Aug 24, 2018 | Fri | Practice | N/A | 5:00 PM | 6:30 PM | TBD | | | |
| Aug 27, 2018 | Mon | Practice | N/A | 5:00 PM | 6:30 PM | HHS High School Track | | | |
| Aug 28, 2018 | Tue | Practice | N/A | 5:00 PM | 6:30 PM | HHS High School Track | | | |
| Aug 29, 2018 | Wed | Practice | N/A | 5:00 PM | 6:30 PM | HHS High School Track | | | |
| Aug 30, 2018 | Thu | Practice | N/A | 5:00 PM | 6:30 PM | HHS High School Track | | | |
| Aug 31, 2018 | Fri | Practice | N/A | 5:00 PM | 6:30 PM | TBD | | | |
| Sep 3, 2018 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 4, 2018 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 5, 2018 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 6, 2018 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 7, 2018 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 10, 2018 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 11, 2018 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 12, 2018 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 13, 2018 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 14, 2018 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 17, 2018 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--------------|------------|----------|-------------------------------|-----------------------------|---|---------------------|
| Sep 17, 2018 | Mon | Meet (Regular Season (STAC West Division Championship)) | Vs. Multiple | 4:30 PM | | Sperr Park | Bus/Driver: HCSD Bus | Departure Point: MS crosswalk (front of school by guardrails) Departure Time: 3:20 PM | NL |
| Sep 19, 2018 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 20, 2018 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 21, 2018 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 22, 2018 | Sat | Meet (Owego Cross Country Invitational 2018) | Vs. Multiple | 10:00 AM | | Pheasant Hill Country Club | Bus/Driver: HCSD Bus | Departure Point: Weight Room Doors Departure Time: 7:15 AM Return Date: Return Time: 1:15 PM | NL |
| Sep 24, 2018 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 25, 2018 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 26, 2018 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Sep 27, 2018 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 1, 2018 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 2, 2018 | Tue | Meet (CROSSOVER-CANCELLED (DUE TO INCLEMENT WEATHER)) | Vs. Multiple | 4:30 PM | 8:00 PM | Park Station | | Departure Point: Weight Room Doors Departure Time: 3:15 PM Return Date: Return Time: 8:00 PM | NL |
| Oct 3, 2018 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 4, 2018 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 5, 2018 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 6, 2018 | Sat | Meet (2018 Tully XC Invitational) | Vs. Multiple | 10:00 AM | | Tully H S | Bus/Driver: HCSD Bus | Departure Point: Weight Room Doors Departure Time: 9:00 AM Return Date: Return Time: 3:45 PM | NL |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--------------|------------|----------|--|--|--|---------------------|
| Oct 8, 2018 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 9, 2018 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 10, 2018 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 11, 2018 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 12, 2018 | Fri | Meet (Newark Valley XC/Bob Greene Invitational) | Vs. Multiple | 4:05 PM | | Newark Valley High School | Bus/Driver: HCSD Bus Class Dismissal: 1:45 PM | Departure Point: MS crosswalk (front of school by guardrails) Departure Time: 2:00 PM | NL |
| Oct 15, 2018 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 16, 2018 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 17, 2018 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 18, 2018 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 19, 2018 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 20, 2018 | Sat | Meet (30th Annual Marathon Cross Country Invitational) | Vs. Multiple | 9:15 AM | | Appleby E S | Bus/Driver: HCSD Bus | Departure Point: Weight Room Doors Departure Time: 6:45 AM | NL |
| Oct 22, 2018 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 23, 2018 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 24, 2018 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 25, 2018 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | HHS Middle School Lacrosse #1 | | | |
| Oct 27, 2018 | Sat | Meet (2018 JR. HIGH SUPER TOUGH ATHLETIC COMPETITION STAC) | Vs. Multiple | 9:00 AM | | Ann G McGuinness Elementary Cross Country Course | Bus/Driver: HCSD Bus | Departure Point: Weight Room Doors Departure Time: 6:45 AM | NL |
| Oct 27, 2018 | Sat | Meet (Modified Invitational) | Vs. Multiple | TBD | | Ann G McGuinness Elementary Cross Country Course | | Departure Point: Weight Room Doors | NL |

