



# Whitney Point

## (G) 7/8TH Cross Country

### Coaches:

- Murphee Hayes

| DATE         | WEEK DAY | TYPE           | OPPONENTS                                     | START TIME | END TIME | LOCATION                | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|---|------------|----------|-------------------------|----------------|---------------------|
| Aug 21, 2023 | Mon      | Practice       | N/A   | 2:00 PM    | 3:30 PM  | WP Cross Country Course |                |                     |
| Aug 22, 2023 | Tue      | Practice       | N/A   | 2:00 PM    | 3:30 PM  | WP Cross Country Course |                |                     |
| Aug 23, 2023 | Wed      | Practice       | N/A   | 2:00 PM    | 3:30 PM  | WP Cross Country Course |                |                     |
| Aug 24, 2023 | Thu      | Practice       | N/A   | 2:00 PM    | 3:30 PM  | WP Cross Country Course |                |                     |
| Aug 28, 2023 | Mon      | Practice       | N/A   | 2:00 PM    | 3:30 PM  | WP Cross Country Course |                |                     |
| Aug 29, 2023 | Tue      | Practice       | N/A   | 2:00 PM    | 3:30 PM  | WP Cross Country Course |                |                     |
| Aug 30, 2023 | Wed      | Practice       | N/A   | 2:00 PM    | 3:30 PM  | WP Cross Country Course |                |                     |
| Aug 31, 2023 | Thu      | Practice       | N/A   | 2:00 PM    | 3:30 PM  | WP Cross Country Course |                |                     |
| Sep 7, 2023  | Thu      | Practice       | N/A   | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Sep 8, 2023  | Fri      | Practice       | N/A   | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Sep 11, 2023 | Mon      | Practice       | N/A   | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Sep 13, 2023 | Wed      | Practice       | N/A   | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Sep 14, 2023 | Thu      | Practice       | N/A   | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Sep 15, 2023 | Fri      | Practice       | N/A   | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Sep 19, 2023 | Tue      | Regular Season | Dryden, Marathon, Moravia, Notre Dame, Elmira | 5:00 PM    |          | WP Cross Country Course |                | L                   |
| Sep 25, 2023 | Mon      | Practice       | N/A   | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Sep 26, 2023 | Tue      | Regular Season | Marathon, Moravia, Southern Cayuga @ Lansing  | 5:00 PM    |          | Lansing HS              |                | L                   |
| Sep 27, 2023 | Wed      | Practice       | N/A   | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |

| DATE         | WEEK DAY | TYPE                                      | OPPONENTS  | START TIME | END TIME | LOCATION                | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|------------|------------|----------|-------------------------|----------------|---------------------|
| Sep 28, 2023 | Thu      | Practice                                  | N/A        | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Oct 3, 2023  | Tue      | Regular Season                            | @ TBD      | 4:30 PM    |          | TBD                     |                | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Marathon Invitation)      | @ Marathon | 9:00 AM    |          | Appleby E S             |                | L                   |
| Oct 16, 2023 | Mon      | Practice                                  | N/A        | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Oct 17, 2023 | Tue      | Regular Season (Whitney Point Invite)     | Sidney     | 4:30 PM    |          | WP Cross Country Course |                | NL                  |
| Oct 18, 2023 | Wed      | Practice                                  | N/A        | 3:00 PM    | 5:00 PM  | WP Cross Country Course |                |                     |
| Oct 19, 2023 | Thu      | Regular Season (IAC End of Season Meet)   | @ TBD      | 5:20 PM    |          | Football Practice Field |                | L                   |
| Oct 25, 2023 | Wed      | Regular Season (IAC League Championships) | @ Marathon | 5:00 PM    |          | Appleby E S             |                | L                   |

Date: 2024-05-18