

## Coaches:

- John Owen, Head Coach
- Jacob Campbell, Volunteer

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	I TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 16, 2023	Sat	Regular Season (VVS Invitational-State Meet Course)	@ TBD	TBD	TBD		L
Sep 19, 2023	Tue	Regular Season	Dryden, Marathon, Notre Dame, Elmira @ Whitney Point	5:00 PM	WP Cross Country Course	Departure Point: HS North Departure Time: 3:30 PM	L
Sep 26, 2023	Tue	Regular Season	Marathon, Southern Cayuga, Whitney Point @ Lansing	5:00 PM	Lansing HS	Departure Point: HS North Departure Time: 3:45 PM	L
Sep 30, 2023	Sat	Regular Season (Invitational)	@ McQuaid Jesuit	9:00 AM	Genesee Valley Park	Departure Point: HS NORTH Departure Time: 6:30 AM	L
Oct 14, 2023	Sat	Regular Season (Manhattan Invitational (select runners will attend))	@ TBD	TBD	TBD	Departure Point: HS NORTH	L
Oct 17, 2023	Tue	Regular Season (Invitational)	@ Whitney Point	4:30 PM	WP Cross Country Course	Departure Point: HS NORTH Departure Time: 2:00 PM	L
Oct 25, 2023	Wed	Regular Season (IAC Championships)	@ Marathon	4:00 PM	Appleby E S	Departure Point: HS NORTH Departure Time: 2:00 PM	L
Nov 11, 2023	Sat	Regular Season (NYSPHSAA State Championships)	@ Vernon-Verona- Sherrill	9:00 12:00 AM PM	Cross Country Course	Departure Point: HS NORTH	L

Date: 2024-05-17