

Coaches:

- John Owen, Head Coach
- Jacob Campbell, Volunteer

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START END TIME TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|--|------------------------|--|--|----------------------------|
| Sep 12, 2023 | Tue | Regular Season | Dryden, Southern Cayuga | 5:00 PM | Cross Country at Fillmore Glen State Park | | L |
| 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: 2024-05-16