



# General Brown

## (B) MOD7/8/9 Cross Country

### Coaches:

- Andrea Swan, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 5, 2023	Tue	Practice	N/A	3:00 PM	4:00 PM	General Brown High School		
Sep 6, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 7, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	General Brown High School		
Sep 8, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 11, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 12, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 13, 2023	Wed	Regular Season	Sandy Creek @ Watertown	4:30 PM		Watertown H S	Departure Time: 3:00 PM	L
Sep 14, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 15, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 18, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 19, 2023	Tue	Regular Season	South Jefferson @ Beaver River	5:00 PM		Beaver River H S	Departure Time: 2:45 PM	L
Sep 20, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 21, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 22, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 25, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 26, 2023	Tue	Regular Season	Indian River @ South Lewis	4:30 PM		South Lewis Cross Country Course	Departure Time: 2:45 PM	L
Sep 27, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 28, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 29, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 2, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 3, 2023	Tue	Regular Season	Thousand Islands, Carthage	4:30 PM		General Brown High School		L
Oct 4, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 5, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 6, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 10, 2023	Tue	Regular Season (League Championships)	South Lewis, Carthage, Indian River, Beaver River, Thousand Islands, Watertown, Sandy Creek @ South Jefferson	3:30 PM		SJ HS/MS - Cross Country Course	<b>Departure Time:</b> 2:45 PM	L
Oct 11, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 12, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 13, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Nov 3, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		

Date: 2025-12-19