



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, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 10, 2024	Tue	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 11, 2024	Wed	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 12, 2024	Thu	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 13, 2024	Fri	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 16, 2024	Mon	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 18, 2024	Wed	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 19, 2024	Thu	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 20, 2024	Fri	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 23, 2024	Mon	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 24, 2024	Tue	Regular Season	Indian River @ South Jefferson	5:00 PM		SJ HS/MS - Cross Country Course	Departure Time: 3:30 PM	L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 25, 2024	Wed	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 26, 2024	Thu	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 27, 2024	Fri	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Sep 30, 2024	Mon	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Oct 1, 2024	Tue	Regular Season	Beaver River @ Sandy Creek	5:00 PM	7:30 PM	TBD		L
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Oct 2, 2024	Wed	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Oct 3, 2024	Thu	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	3:45 PM	GBHS Weight Room		
Oct 4, 2024	Fri	Practice	N/A	3:45 PM	4:30 PM	General Brown High School		
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 8, 2024	Tue	Regular Season	Watertown, Carthage	5:00 PM		General Brown High School		L
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 14, 2024	Mon	Practice	N/A	9:00 AM	10:30 AM	General Brown High School		
Oct 15, 2024	Tue	Regular Season	South Jefferson, Beaver River, Watertown, Sandy Creek, Indian River, South Lewis, Thousand Islands @ Carthage	3:30 PM		Carthage High School		L
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 25, 2024	Fri	Practice	N/A	2:30 PM	4:00 PM	General Brown High School		
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		
Oct 30, 2024	Wed	Practice	N/A	5:00 PM	6:00 PM	General Brown High School		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	General Brown High School		

Date: 2026-01-02