



# General Brown

## (G) 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 6, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 7, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 8, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 9, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 10, 2022	Sat	Practice (Cross Country Practice)	N/A	9:00 AM	10:00 PM	GBHS Fisher Field		
Sep 12, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 14, 2022	Wed	Regular Season	South Lewis @ South Jefferson	4:30 PM		SJ HS/MS - Cross Country Course	<b>Departure Time:</b> 3:00 PM	L
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
CANCELLED Sep 19, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 20, 2022	Tue	Regular Season	Sandy Creek @ Indian River	4:30 PM		Indian River M.S. Cross Country Course	<b>Departure Time:</b> 3:00 PM	L
Sep 21, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
CANCELLED Sep 23, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 26, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 27, 2022	Tue	Regular Season	Thousand Islands @ Watertown	2:45 PM		Watertown H S	<b>Departure Time:</b> 2:45 PM	L
Sep 28, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Sep 29, 2022	Thu	Practice	N/A	3:00 PM	4:00 PM	GBHS Parking Lot		
Sep 30, 2022	Fri	Practice	N/A	3:00 PM	4:00 PM	GBHS Parking Lot		
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	4:00 PM	GBHS Parking Lot		
Oct 4, 2022	Tue	Regular Season	Carthage @ Beaver River	4:30 PM		Beaver River H S	<b>Departure Time:</b> 3:00 PM	L
Oct 5, 2022	Wed	Practice	N/A	3:00 PM	4:00 PM	GBHS Parking Lot		
Oct 6, 2022	Thu	Practice	N/A	3:00 PM	4:00 PM	GBHS Parking Lot		
Oct 7, 2022	Fri	Practice	N/A	3:00 PM	4:00 PM	GBHS Parking Lot		

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CANCELLED Oct 10, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	GBHS Parking Lot		
Oct 11, 2022	Tue	Regular Season (Frontier League Championship)	South Jefferson, Thousand Islands, Carthage, Sandy Creek, Indian River, Watertown, Beaver River @ South Lewis	4:00 PM		South Lewis Cross Country Course	<b>Departure Time:</b> 1:30 PM	L

Date: 2026-01-13