



North Tonawanda

(G) V Cross Country

Coaches:

- Nick Kraus

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 8, 2023	Fri	Regular Season (Dash in the Dark)	@ Oakfield-Alabama	5:15 PM		Oakfield-Alabama Middle-High School, 7001 Lewiston Road, Oakfield, NY 14125	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:15 PM	NL
Sep 12, 2023	Tue	Scrimmage	@ Lewiston Porter	5:00 PM		Lewiston Porter High School	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:45 PM	L
Sep 23, 2023	Sat	Regular Season (Cross Country Invitational)	@ East Aurora	9:40 AM		East Aurora High School	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 8:00 AM	NL
Sep 26, 2023	Tue	Regular Season	Charter School Applied Technologies, Buffalo @ Niagara Wheatfield	5:00 PM		Bond Lake	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 3:45 PM	L
Sep 28, 2023	Thu	Practice	N/A	3:45 PM		Bond Lake	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM	
Oct 3, 2023	Tue	Regular Season	Kenmore East @ Lewiston Porter	5:00 PM		Lewiston Porter High School	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 3:30 PM	L
Oct 10, 2023	Tue	Regular Season	Lockport @ Kenmore West	5:00 PM		Bond Lake	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 3:45 PM	L
Oct 14, 2023	Sat	Regular Season (Cross Country Stampede)	@ Alden	10:30 AM		Alden High School	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 8:30 AM	NL
Oct 17, 2023	Tue	Regular Season	Grand Island @ Niagara Falls	5:00 PM		Beaver Island State Park	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 3:30 PM	L
Oct 28, 2023	Sat	Regular Season (NFL Meet)	@ Lewiston Porter	1:00 PM		Lewiston Porter High School	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 11:45 AM	L
Nov 3, 2023	Fri	Post-Season (Sectionals @ Bemus Point Elementary)	@ TBD	12:00 PM		Bemus Point Golf Club, 72 Main St, Bemus Point, NY 14712	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 9:00 AM	L

