



# Norwich

## (G) V Cross Country

### Coaches:

- Shaun Horan, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice (Practice)	N/A	9:00 AM		Stanford Gibson Athletic Field			
Sep 1, 2022	Thu	Regular Season (CV Tri Meet)	@ TBD	3:00 PM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 1:00 PM	NL
Sep 10, 2022	Sat	Regular Season (Dave "Flash" Forbes invite @Oneonta (Fortin Park))	@ TBD	10:00 AM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 8:00 AM	NL
Sep 13, 2022	Tue	Regular Season (at Unadilla Valley)	@ TBD	4:00 PM		TBD	<b>Class Dismissal:</b> 3:00 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:15 PM	L
Sep 17, 2022	Sat	Regular Season (McDaniel/Baxter Invite at Chenango Valley High School)	@ TBD	9:35 AM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:45 AM	NL
Sep 20, 2022	Tue	Regular Season (Megan Sorbera Invite Edmeston)	@ TBD	4:30 PM		TBD	<b>Class Dismissal:</b> 2:15 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 2:30 PM	NL
Sep 24, 2022	Sat	Regular Season (EJ Herrmann Invite Proctor Park Utica)	@ TBD	9:30 AM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:30 AM	NL
Sep 27, 2022	Tue	Regular Season (at General Clinton Park Bainbridge)	@ TBD	4:00 PM		TBD	<b>Class Dismissal:</b> 2:45 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:00 PM	NL
Sep 30, 2022	Fri	Regular Season (Pete Matzke Invite at Maine Memorial School)	@ TBD	4:00 PM		TBD	<b>Class Dismissal:</b> 1:45 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 2:00 PM	NL
Oct 7, 2022	Fri	Regular Season (Tornado 5000 Cross Country Meet)	Schenevus	3:45 PM	5:45 PM	NHS Hallways			NL
Oct 7, 2022	Fri	Regular Season (Tornado 5000 Invite)	Tully, Deposit (Deposit-Hancock), Windsor, Edmeston (Edmeston/Morris), Sidney, Gilbertsville-Mount Upton (UV/GMU), Skaneateles, Cincinnatus	4:30 PM	6:30 PM	NHS Hallways			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 11, 2022	Tue	Regular Season (STAC East Division Championship)	Oneonta, Susquehanna Valley, Windsor	4:30 PM	6:30 PM	NHS Hallways			L
Oct 15, 2022	Sat	Regular Season (Marathon Invite (Applebee Elementary))	@ TBD	9:15 AM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:15 AM	NL
Oct 18, 2022	Tue	Regular Season (Invitational at Whitney Point)	@ TBD	4:30 PM		TBD	<b>Class Dismissal:</b> 2:15 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 2:30 PM	NL
Oct 22, 2022	Sat	Regular Season (STAC )	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, TBD, Chenango Valley, Seton Catholic Central, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM	2:00 PM	Owego Free Academy		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:45 AM	L
Nov 3, 2022	Thu	Regular Season (State Qualifier at Chenango Valley St. Park)	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 9:15 AM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 9:30 AM	NL
Nov 12, 2022	Sat	Post-Season (State Championships at VVS)	@ TBD	TBD		TBD			NL

Date: 2025-12-11