



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
Sep 5, 2023	Tue	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 6, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 9, 2023	Sat	Regular Season (Dave Flash Forbes Invitational Oneonta)	@ TBD	9:00 AM		TBD			Departure Point: High School Gym Doors Departure Date: L Sep 9, 2023 Departure Time: 8:00 AM
Sep 11, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 12, 2023	Tue	Regular Season (MAC meet (Unadilla Valley))	@ TBD	4:30 PM		TBD			Departure Point: High School Gym Doors Departure Date: L Sep 12, 2023 Departure Time: 3:30 PM
Sep 13, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 14, 2023	Thu	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 15, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 16, 2023	Sat	Regular Season (McDaniel/Baxter Invite Chenango Valley School)	@ TBD	9:00 AM		TBD			Departure Point: High School Gym Doors Departure Date: L Sep 16, 2023 Departure Time: 8:00 AM
Sep 18, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 19, 2023	Tue	Regular Season (Meghan Sorbera Invitational - Pathfinder Village Edmeston)	@ TBD	4:30 PM	6:00 PM	TBD			Departure Point: High School Gym Doors Departure Date: L Sep 19, 2023 Departure Time: 3:30 PM
Sep 20, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 21, 2023	Thu	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 22, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			

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Sep 23, 2023	Sat	Regular Season (Owego Invite)	@ TBD	9:00 AM		TBD			Departure Point: High School Gym Doors Departure Date: Sep 23, 2023 Departure Time: 7:00 AM
Sep 25, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 27, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 28, 2023	Thu	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 29, 2023	Fri	Regular Season (Pete Matzke Invite Maine Memorial School)	@ TBD	4:00 PM		TBD	Class Dismissal: 1:45 PM		Departure Point: High School Gym Doors Departure Date: Sep 29, 2023 Departure Time: 2:00 PM
Oct 2, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 3, 2023	Tue	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 4, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 6, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 7, 2023	Sat	Regular Season (Norwich Invite)	Unadilla Valley (UV/GMU)	9:00 AM		NHS Hallways			L
Oct 7, 2023	Sat	Regular Season (Norwich Tornado 5000)	Edmeston (Edmeston/Morris)	10:00 AM		NHS Hallways			NL
Oct 7, 2023	Sat	Regular Season (Norwich Invite)	Sidney	10:00 AM		NHS Hallways			NL
Oct 10, 2023	Tue	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 11, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 12, 2023	Thu	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 13, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 14, 2023	Sat	Regular Season (Marathon Invite - Applebee Elementary)	@ TBD	8:15 AM		TBD			Departure Point: High School Gym Doors Departure Date: Oct 14, 2023 Departure Time: 7:15 AM
Oct 16, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Oct 17, 2023	Tue	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 17, 2023	Tue	Regular Season (Whitney Point Invite)	@ TBD	3:30 PM		TBD	Class Dismissal: 2:15 PM	Departure Point: NHS Gym Doors Departure Time: 2:30 PM	L
Oct 19, 2023	Thu	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 20, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 21, 2023	Sat	Regular Season (STAC Championships)	@ TBD	11:00 AM		TBD		Departure Point: High School Gym Doors Departure Date: Oct 21, 2023 Departure Time: 9:45 AM	L
Oct 23, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 24, 2023	Tue	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 25, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 26, 2023	Thu	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 27, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 30, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	4:15 PM	5:00 PM	TBD	Bus/Driver: Randi Crandall	Departure Point: NHS Gym Doors Departure Time: 3:30 PM Return Date: Return Time: 6:00 PM	
Oct 31, 2023	Tue	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 1, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 2, 2023	Thu	Regular Season (Section 4 State Qualifiers)	@ TBD	11:00 AM		TBD	Class Dismissal: 9:15 AM	Departure Point: High School Gym Doors Departure Date: Nov 2, 2023 Departure Time: 9:30 AM	L
Nov 3, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 6, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 7, 2023	Tue	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			

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Nov 8, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 9, 2023	Thu	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 10, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 13, 2023	Mon	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 14, 2023	Tue	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 15, 2023	Wed	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 16, 2023	Thu	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 17, 2023	Fri	Practice (Girls Varsity XC Practice)	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 18, 2023	Sat	Regular Season (Federation Meet at Bowdoin Park - Wappengers Falls)	@ TBD	TBD	TBD				Departure Point: High School Gym Doors L Departure Date: Nov 18, 2023

Date: 2024-04-19