



# 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             |           | <b>Departure Point:</b> High School Gym Doors<br><b>Departure Date:</b> Sep 9, 2023<br><b>Departure Time:</b> 8:00 AM  | L                   |
| 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             |           | <b>Departure Point:</b> High School Gym Doors<br><b>Departure Date:</b> Sep 12, 2023<br><b>Departure Time:</b> 3:30 PM | L                   |
| 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             |           | <b>Departure Point:</b> High School Gym Doors<br><b>Departure Date:</b> Sep 16, 2023<br><b>Departure Time:</b> 8:00 AM | L                   |
| 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             |           | <b>Departure Point:</b> High School Gym Doors<br><b>Departure Date:</b> Sep 19, 2023<br><b>Departure Time:</b> 3:30 PM | L                   |
| 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 |           |  |                     |

| DATE         | WEEK DAY | TYPE   | OPPONENTS                  | START TIME | END TIME | LOCATION        | DEPARTURE                       | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
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| Sep 23, 2023 | Sat      | Regular Season (Owego Invite)                              | @ TBD                      | 9:00 AM    |          | TBD             |                                 | <b>Departure Point:</b><br>High School Gym Doors<br><b>Departure Date:</b> Sep 23, 2023<br><b>Departure Time:</b> 7:00 AM | L                   |
| 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             | <b>Class Dismissal:</b> 1:45 PM | <b>Departure Point:</b><br>High School Gym Doors<br><b>Departure Date:</b> Sep 29, 2023<br><b>Departure Time:</b> 2:00 PM | L                   |
| 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             |                                 | <b>Departure Point:</b><br>High School Gym Doors<br><b>Departure Date:</b> Oct 14, 2023<br><b>Departure Time:</b> 7:15 AM | L                   |
| Oct 16, 2023 | Mon      | Practice (Girls Varsity XC Practice )                      | N/A                        | 3:30 PM    | 5:00 PM  | Stanford Gibson |                                 |   |                     |

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| 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             | <b>Class Dismissal:</b> 2:15 PM   | <b>Departure Point:</b> NHS Gym Doors<br><b>Departure Time:</b> 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             |                                   | <b>Departure Point:</b> High School Gym Doors<br><b>Departure Date:</b> Oct 21, 2023<br><b>Departure Time:</b> 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             | <b>Bus/Driver:</b> Randi Crandall | <b>Departure Point:</b> NHS Gym Doors<br><b>Departure Time:</b> 3:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 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             | <b>Class Dismissal:</b> 9:15 AM   | <b>Departure Point:</b> High School Gym Doors<br><b>Departure Date:</b> Nov 2, 2023<br><b>Departure Time:</b> 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 Bowdwin Park - Wappengers Falls ) | @ TBD     | TBD        |          | TBD             |           |                | <b>Departure Point:</b><br>High School Gym<br>Doors<br><b>Departure Date:</b><br>Nov 18, 2023 |

Date: 2024-05-02