



# Norwich

## (B) 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 (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 6, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 11, 2023	Mon	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 13, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 14, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 15, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 18, 2023	Mon	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 20, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 21, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 22, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 25, 2023	Mon	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 27, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 28, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 2, 2023	Mon	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 3, 2023	Tue	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 4, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 5, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 6, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 7, 2023	Sat	Regular Season	Afton (Afton/Harpur)	9:30 AM		NHS Hallways			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 7, 2023	Sat	Regular Season (Norwich Invite)	Unadilla Valley (UV/GMU)	TBD		NHS Hallways			L
Oct 10, 2023	Tue	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 11, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 12, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 13, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 16, 2023	Mon	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 17, 2023	Tue	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 19, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 20, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 23, 2023	Mon	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 24, 2023	Tue	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 25, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 26, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 27, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 30, 2023	Mon	Practice (Boys Varsity XC Practice Sectional Practice )	N/A	4:15 PM	5:00 PM	TBD	Bus/Driver: Randi Crandall	Departure Point: NHS Gym Doors Departure Time: 3:30 PM	
Oct 31, 2023	Tue	Practice (Boys 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
Nov 1, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 3, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 6, 2023	Mon	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 7, 2023	Tue	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 8, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 9, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 10, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 13, 2023	Mon	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 14, 2023	Tue	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 15, 2023	Wed	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 16, 2023	Thu	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 17, 2023	Fri	Practice (Boys Varsity XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			

Date: 2024-05-19