



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

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|--------------|----------|--|--|------------|----------|--------------------|---------------------------------|---|---------------------|
| 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 | | Departure Point: High School Gym Doors Departure Time: 7:15 AM | NL |
| Oct 18, 2022 | Tue | Regular Season (Invitational at Whitney Point) | @ TBD | 4:30 PM | | TBD | Class Dismissal: 2:15 PM | Departure Point: High School Gym Doors Departure Time: 2:30 PM | NL |
| Oct 22, 2022 | Sat | Regular Season (STAC) | Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Chenango Valley, Seton Catholic Central, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin | 11:00 AM | | Owego Free Academy | | Departure Point: High School Gym Doors Departure Time: 7:45 AM | L |
| Nov 3, 2022 | Thu | Regular Season (State Qualifier at Chenango Valley St. Park) | @ TBD | TBD | | TBD | Class Dismissal: 9:15 AM | Departure Point: High School Gym Doors Departure Time: 9:30 AM | NL |
| Nov 12, 2022 | Sat | Post-Season (State Championships at VVS) | @ TBD | TBD | | TBD | | | NL |

Date: 2024-05-18