



# 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 26, 2024	Mon	Practice (Boys/Girls XC Practice )	N/A	9:00 AM	11:00 AM	Stanford Gibson Athletic Field			
Aug 27, 2024	Tue	Practice (Boys/Girls XC Practice )	N/A	9:00 AM	11:00 AM	Stanford Gibson Athletic Field			
Aug 28, 2024	Wed	Practice (Boys/Girls XC Practice )	N/A	9:00 AM	11:00 AM	Stanford Gibson Athletic Field			
Aug 29, 2024	Thu	Practice (Boys/Girls XC Practice )	N/A	9:00 AM	11:00 AM	Stanford Gibson Athletic Field			
Aug 30, 2024	Fri	Practice (Boys/Girls XC Practice )	N/A	9:00 AM	11:00 AM	Stanford Gibson Athletic Field			
Sep 5, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 6, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 7, 2024	Sat	Regular Season (Yellow Jacket XC Invitational @ Fortin Park Oneonta )	@ TBD	9:00 AM		TBD	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 8:00 AM		L
Sep 9, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 10, 2024	Tue	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 11, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 12, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 13, 2024	Fri	Regular Season (Owego XC Night Invite 2024 @ Owego Free Academy )	@ TBD	6:00 PM	9:30 PM	TBD	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 4:00 PM		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 17, 2024	Tue	Regular Season (MAC meet (Unadilla Valley))	@ TBD	TBD		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:30 PM	L
Sep 18, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 19, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 20, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 21, 2024	Sat	Regular Season (2024 Conwicke-Stock XC Invitational @ Ann McGuinness Elementary School Rt 26, Endicott )	@ TBD	10:00 AM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 8:15 AM	L
Sep 23, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 24, 2024	Tue	Regular Season (MAC Meet @ Edmeston - Pathfinder Village)	@ TBD	TBD		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:30 PM	L
Sep 25, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 26, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 27, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Sep 28, 2024	Sat	Regular Season (E.J. Herrmann Invitational @ Proctor Park Utica)	@ TBD	TBD		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:30 AM	L
Sep 30, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2024	Tue	Regular Season (MAC Meet @ General Clinton Park - Bainbridge )	@ TBD	TBD		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:30 PM	L
Oct 2, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 3, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 4, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 5, 2024	Sat	Regular Season (McDaniel - Baxter XC Invitational Chenango Valley High School )	@ TBD	TBD		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:30 AM	L
Oct 7, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 8, 2024	Tue	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 9, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 10, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 11, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 12, 2024	Sat	Regular Season (Norwich Tornado 5000)	TBD	TBD		TBD			L
Oct 12, 2024	Sat	Regular Season (Tornado 5000)	Unadilla Valley (UV/GMU), Sidney, TBD, Bainbridge Guilford, Elmira Heights, Lansing	TBD		General Clinton Park - Bainbridge		<b>Departure Point:</b> NHS Gym Doors <b>Departure Time:</b> 7:30 AM	L
Oct 14, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 15, 2024	Tue	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			

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Oct 16, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 17, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 18, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 19, 2024	Sat	Regular Season (Marathon Invite-Appleby Elementary School )	@ TBD	8:45 AM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:00 AM	L
Oct 19, 2024	Sat	Regular Season (Marathon Invite-Appleby Elementary School )	@ TBD	TBD		TBD		<b>Departure Point:</b> NHS Gym <b>Departure Time:</b> 7:15 AM	L
Oct 21, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 22, 2024	Tue	Regular Season (Whitney Point Invite)	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 2:15 PM	<b>Departure Point:</b> NHS Gym <b>Departure Time:</b> 2:30 PM	L
Oct 23, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 24, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 25, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning High, Elmira, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, Vestal, Chenango Valley, Owego Apalachin, Seton Catholic Central, Waverly, Susquehanna Valley, Windsor @ Oneonta	12:00 PM	12:30 PM	TBD		<b>Departure Point:</b> NHS Gym Doors <b>Departure Time:</b> 10:00 AM	NL

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Oct 26, 2024	Sat	Regular Season (STAC Championships - Fortin Park Oneonta )	@ TBD	TBD		TBD		<b>Departure Point:</b> NHS Gym <b>Departure Time:</b> 9:00 AM	L
Oct 28, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 29, 2024	Tue	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Oct 30, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
CANCELLED Oct 31, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 1, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 4, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Chenango Valley State Park	<b>Bus/Driver:</b> Will need just a Van	<b>Departure Point:</b> NHS Gym Doors <b>Departure Time:</b> 3:30 PM	
Nov 5, 2024	Tue	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 6, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 7, 2024	Thu	Regular Season (Section IV State Qualifiers @ Chenango Valley State Park)	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 9:15 AM	<b>Departure Point:</b> NHS Gym <b>Departure Time:</b> 9:30 AM	L
Nov 8, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 11, 2024	Mon	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 12, 2024	Tue	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 13, 2024	Wed	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 14, 2024	Thu	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			

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Nov 15, 2024	Fri	Practice (Boys XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson Athletic Field			
Nov 16, 2024	Sat	Regular Season (NYSPHSAA Championships @Queensbury High School Friday/Saturday )	@ TBD	TBD		TBD	<b>Bus/Driver:</b> Van Needed	<b>Departure Point:</b> NHS Gym <b>Departure Time:</b> 10:00 AM	L

Date: 2025-12-05