



# Norwich

## (B) 7/8TH Cross Country

### Coaches:

- Shaun Horan, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 1, 2022	Thu	Regular Season (CV Tri Meet)	@ TBD	3:00 PM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 1:00 PM	NL
Sep 10, 2022	Sat	Regular Season (Dave "Flash" Forbes invite @Oneonta (Fortin Park))	@ TBD	TBD		TBD			NL
Sep 13, 2022	Tue	Regular Season (at Unadilla Valley)	@ TBD	4:00 PM		TBD	<b>Class Dismissal:</b> 3:00 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:15 PM	L
Sep 17, 2022	Sat	Regular Season (McDaniel/Baxter Invite at Chenango Valley High School)	@ TBD	TBD		TBD			NL
Sep 24, 2022	Sat	Regular Season (EJ Herrmann Invite Proctor Park Utica)	@ TBD	TBD		TBD			NL
Sep 27, 2022	Tue	Regular Season (at Pathfinder Village)	@ TBD	4:00 PM		TBD	<b>Class Dismissal:</b> 2:45 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:00 PM	NL
Sep 30, 2022	Fri	Regular Season (Pete Matzke Invite at Maine Memorial School)	@ TBD	TBD		TBD			NL
Oct 7, 2022	Fri	Regular Season (Norwich Tornado 5000 Norwich HS)	Deposit (Deposit-Hancock)	3:45 PM		NHS Hallways			NL
Oct 7, 2022	Fri	Regular Season (Tornado 5000 Invite)	TBD	TBD		NHS Hallways			NL
Oct 18, 2022	Tue	Regular Season (Invitational at Whitney Point)	@ TBD	4:30 PM		TBD	<b>Class Dismissal:</b> 2:15 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 2:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
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			L

Date: 2025-12-06