



# 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 5, 2023	Tue	Practice (Modified XC Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 6, 2023	Wed	Practice (Modified 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 <b>Departure Date:</b> Sep 9, 2023 <b>Departure Time:</b> 8:00 AM	L
Sep 11, 2023	Mon	Practice (Boys Modified X-Country 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 <b>Departure Date:</b> Sep 12, 2023 <b>Departure Time:</b> 3:30 PM	L
Sep 13, 2023	Wed	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 14, 2023	Thu	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 15, 2023	Fri	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 16, 2023	Sat	Regular Season (McDaniel - Baxter XC Invitational Chenango Valley High School )	@ TBD	9:00 AM	12:00 PM	TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Date:</b> Sep 16, 2023 <b>Departure Time:</b> 8:00 AM	L
Sep 18, 2023	Mon	Practice (Boys Modified X-Country 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		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Date:</b> Sep 19, 2023 <b>Departure Time:</b> 3:30 PM	L
Sep 20, 2023	Wed	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 21, 2023	Thu	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 22, 2023	Fri	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			

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Sep 23, 2023	Sat	Regular Season (Owego Invite)	@ TBD	8:00 PM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Date:</b> Sep 23, 2023 <b>Departure Time:</b> 7:00 AM	L
Sep 25, 2023	Mon	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 26, 2023	Tue	Regular Season (Mac Meet At Regatta Park )	@ TBD	4:00 PM		TBD	<b>Class Dismissal:</b> 3:00 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Date:</b> Sep 26, 2023 <b>Departure Time:</b> 3:15 PM	L
Sep 27, 2023	Wed	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Sep 28, 2023	Thu	Practice (Boys Modified X-Country 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> High School Gym Doors <b>Departure Date:</b> Sep 29, 2023 <b>Departure Time:</b> 2:00 PM	L
Oct 2, 2023	Mon	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 3, 2023	Tue	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 4, 2023	Wed	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 5, 2023	Thu	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 6, 2023	Fri	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 7, 2023	Sat	Regular Season (Norwich Invite)	Sidney	TBD		NHS Hallways			NL
Oct 10, 2023	Tue	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 11, 2023	Wed	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 12, 2023	Thu	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 13, 2023	Fri	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			

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Oct 14, 2023	Sat	Regular Season (Marathon Invite - Applebee Elementary )	@ TBD	8:15 AM		TBD		<b>Departure Point:</b> High School Gym Doors <b>Departure Date:</b> Oct 14, 2023 <b>Departure Time:</b> 7:15 AM	L
Oct 16, 2023	Mon	Practice (Boys Modified X-Country 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> High School Gym Doors <b>Departure Date:</b> Oct 18, 2023 <b>Departure Time:</b> 2:30 PM	L
CANCELLED Oct 17, 2023	Tue	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 19, 2023	Thu	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 20, 2023	Fri	Practice (Boys Modified X-Country 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 <b>Departure Date:</b> Oct 21, 2023 <b>Departure Time:</b> 9:45 PM	L
Oct 23, 2023	Mon	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 24, 2023	Tue	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 25, 2023	Wed	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 26, 2023	Thu	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 27, 2023	Fri	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 30, 2023	Mon	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Oct 31, 2023	Tue	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 1, 2023	Wed	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 3, 2023	Fri	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 6, 2023	Mon	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			

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Nov 7, 2023	Tue	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			
Nov 8, 2023	Wed	Practice (Boys Modified X-Country Practice )	N/A	3:30 PM	5:00 PM	Stanford Gibson			

Date: 2025-12-05