



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 7, 2024 | Sat | Regular Season (Yellow Jacket XC Invitational @ Fortin Park Oneonta) | @ TBD | 9:00 AM | | TBD | Departure Point: High School Gym Doors Departure Time: 8:00 AM | | L |
| Sep 13, 2024 | Fri | Regular Season (Owego XC Night Invite 2024 @ Owego Free Academy) | @ TBD | 6:00 PM | 9:30 PM | TBD | Departure Point: High School Gym Doors Departure Time: 4:00 PM | | L |
| Sep 17, 2024 | Tue | Regular Season (MAC meet (Unadilla Valley)) | @ TBD | TBD | | TBD | Departure Point: High School Gym Doors Departure Time: 3:30 PM | | L |
| Sep 21, 2024 | Sat | Regular Season (2024 Conwicke-Stock XC Invitational @ Ann McGuinness Elementary School Rt 26, Endicott) | @ TBD | 10:00 AM | | TBD | Departure Point: High School Gym Doors Departure Time: 8:15 AM | | L |
| Sep 24, 2024 | Tue | Regular Season (MAC Meet @ Edmeston - Pathfinder Village) | @ TBD | TBD | | TBD | Departure Point: High School Gym Doors Departure Time: 3:30 PM | | L |
| Sep 28, 2024 | Sat | Regular Season (E.J. Herrmann Invitational @ Proctor Park Utica) | @ TBD | TBD | | TBD | Departure Point: High School Gym Doors Departure Time: 7:30 AM | | L |
| Oct 1, 2024 | Tue | Regular Season (MAC Meet @ General Clinton Park - Bainbridge) | @ TBD | TBD | | TBD | Departure Point: High School Gym Doors Departure Time: 3:30 PM | | L |
| Oct 5, 2024 | Sat | Regular Season (McDaniel - Baxter XC Invitational Chenango Valley High School) | @ TBD | TBD | | TBD | Departure Point: High School Gym Doors Departure Time: 7:30 AM | | L |
| Oct 12, 2024 | Sat | Regular Season (Norwich Tornado 5000) | TBD | TBD | | TBD | | | L |
| Oct 19, 2024 | Sat | Regular Season (Marathon Invite-Appleby Elementary School) | @ TBD | TBD | | TBD | Departure Point: NHS Gym Departure Time: 7:15 AM | | L |
| Oct 22, 2024 | Tue | Regular Season (Whitney Point Invite) | @ TBD | TBD | | TBD | Class Dismissal: 2:15 PM Departure Point: NHS Gym Departure Time: 2:30 PM | | L |

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|--------------|----------|--|---|------------|----------|----------|--|--|---------------------|
| 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, Susquehanna Valley, Windsor, TBD @ Oneonta | 12:00 PM | | TBD | | Departure Point: NHS Gym Doors Departure Time: 10:00 AM | NL |
| Oct 26, 2024 | Sat | Regular Season (STAC Championships - @ Fortin Park Oneonta) | @ TBD | TBD | | TBD | | Departure Point: NHS Gym Departure Time: 9:00 AM | L |
| Nov 7, 2024 | Thu | Regular Season (Section IV State Qualifiers @ Chenango Valley State Park) | @ TBD | TBD | | TBD | Class Dismissal: 10:15 AM | Departure Point: NHS Gym Departure Time: 10:30 AM | L |
| Nov 16, 2024 | Sat | Regular Season (NYSPHSAA Championships @Queensbury High School Friday/Saturday) | @ TBD | TBD | | TBD | Bus/Driver: Van Needed Class Dismissal: 9:45 AM | Departure Point: NHS Gym Departure Time: 10:00 AM | L |

Date: 2025-12-06