

2023 Grand Island Cross Country August



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|-----------------------------------|---|-----------------------------------|---|
| | 1 | 2 | 3 | 4 | 5 |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 14 | 15 | 16 | 17 | 18 | 19 |
| 21 Official Season Begins Informational Practice/Meeting 8:00-9:00 | 22 Practice @ HS 9:00-11:00 | 23 Practice @ HS 9:00-11:00 | 24 Practice @ Beaver Island 9:00-11:00 | 25 Practice @ HS 9:00-11:00 | 26 NO TEAM PRACTICE 40 minute run on your own |
| 28 Practice @ HS 9:00-11:00 | 29 Practice @ Bond lake 9:00-12:00 Bus leaves at 8:30 | 30 Practice @ HS 9:00-11:00 | 31 Practice @ HS 9:00-11:00 | | |



2023 Grand Island Cross Country September



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|--|--|---|----------------------------------|---|
| | | | | 1 Practice @ HS 9:00-11:00 | 2 NO TEAM PRACTICE 40 minute run on your own |
| 4 Labor Day | 5 Superintendent's Day Practice @ HS 3:30-5:00 | 6 Superintendent's Day Practice @ HS 3:30-5:00 | 7 First Day of School Practice @ HS 3:30-5:00 | 8 Dash in the Dark | 9 OFF |
| 11 Practice @ HS 3:30-5:00 | 12 NFL Scrimmage @ Lew-Port HS @ 5:00 | 13 OFF | 14 Practice @ HS 3:30-5:00 | 15 Practice @ HS 3:30-5:00 | 16 WSW Invite |
| 18 Practice @ HS 3:30-5:00 | 19 Practice @ HS 3:30-5:00 | 20 OFF | 21 Practice @ Reservoir State Park 3:30-6:00 | 22 Practice @ HS 3:30-5:00 | 23 |
| 25 Practice @ HS 3:30-5:00 | 26 GI vs KE vs KW @ Beaver Island Modified @ GI HS | 27 OFF | 28 Practice @ Bond Lake Park 3:30-6:30 | 29 Practice @ HS 3:30-5:00 | 30 OFF |



2023 Grand Island Cross Country October



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|---|-----------|---|---|--|
| 2 Practice @ HS 3:30-5:00 | 3 GI vs Lockport vs CSAT @ Bond Lake @ 5:00 | 4 OFF | 5 Practice @ HS 3:30-5:00 | 6 Practice @ HS 3:30-5:00 | 7 Tully Invite TBD |
| 9 Practice @ HS 3:30-5:00 | 10 GI vs LewPort vs NW @ Niagara Wheatfield @ 5:00 | 11 OFF | 12 Practice @ Bond Lake Park 3:30-6:30 | 13 Practice @ HS 3:30-5:00 | 14 Alden Invite Varsity Only |
| 16 Practice @ HS 3:30-5:00 | 17 GI vs NF vs NT @ Beaver Island @ 5:00 *Senior Night | 18 OFF | 19 Practice @ HS 3:30-5:00 | 20 Practice @ LewPort HS 3:30-6:00 | 21 OFF |
| 23 Practice @ HS 3:30-5:00 | 24 Practice @ HS 3:30-5:00 | 25 OFF | 26 Practice @ HS 3:30-5:00 | 27 Practice @ HS 3:30-5:00 | 28 NFL Championships @ Lew-Port HS 1:00 BV 1:30 GV 2:00 BJV 2:30 GJV |
| 30 Practice @ HS 3:30-5:00 | 31 Practice @ HS 3:30-5:00 | | | | |



2023 Grand Island Cross Country November



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------|---------------------------------|---------------------------------|---|---|
| | | 1 Practice @ HS 3:30-5:00 | 2 Practice @ HS 3:30-5:00 | 3 Section of State Qualifiers @ Bangor Point Golf Course | 4 |
| 6 | 7 | 8 | 9 | 10 Veterans Day | 11 State Championship @ Vernon - Verona - Sierra HS |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 20 | 21 | 22 | 23 | 24 | 25 |
| 27 | 28 | 29 | 30 | | |