



Harrison

(B) 7/8TH Cross Country

Coaches:

- Emily Bryant, Head Coach
- Fernando Amico, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 23, 2024	Mon	Regular Season (Rye Neck)	Sleepy Hollow	4:30 PM		LMK Cross Country Trails		L
Sep 24, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 1, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 7, 2024	Mon	Regular Season (Pelham, Blind Brook)	Byram Hills	4:30 PM		LMK Cross Country Trails		L
Oct 8, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 14, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE / NON-LEAGUE
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 24, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	LMK Cross Country Trails		
Oct 28, 2024	Mon	Regular Season (Rye Neck)	Pelham	4:30 PM		LMK Cross Country Trails		L

Date: 2024-09-05