

| Date           | Start    | Event Name  | Location                               | Group   | Depart | Event Type |
|----------------|----------|---|--|---|--------|------------|
| Tue 08/15/2023 | 6:00 pm  | Fun Run   | Harwood Union High School              | MS Cross Country<br>HS Cross Country<br>Community |        | Practice   |
| Tue 08/22/2023 | 6:00 pm  | Fun Run   | Harwood Union High School              | Community<br>HS Cross Country<br>MS Cross Country |        | Practice   |
| Wed 08/30/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Thu 08/31/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Fri 09/01/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Fri 09/08/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Mon 09/11/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Tue 09/12/2023 | 4:15 pm  | MS Cross Country @ Otter Valley                         | Otter Valley Union High School         | MS Cross Country                                  |        | Away Meet  |
| Wed 09/13/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Fri 09/15/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Mon 09/18/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Tue 09/19/2023 | 4:00 pm  | MS Cross Country @ Mt. Abe                              | Mt. Abraham Union Middle & High School | MS Cross Country                                  |        | Away Meet  |
| Wed 09/20/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Fri 09/22/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Mon 09/25/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Tue 09/26/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Wed 09/27/2023 | 4:00 pm  | MS Cross Country @ Montpelier                           | Montpelier High School                 | MS Cross Country                                  |        | Away Meet  |
| Wed 09/27/2023 | 4:30 pm  | HS Cross Country @ Montpelier                           | Montpelier High School                 | MS Cross Country                                  |        | Away Meet  |
| Fri 09/29/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Mon 10/02/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Tue 10/03/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Wed 10/04/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Thu 10/05/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Tue 10/10/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Wed 10/11/2023 | 4:00 pm  | MS Cross Country @ St. Johnsbury                        | ST. JOHNSBURY ACADEMY                  | MS Cross Country                                  |        | Away Meet  |
| Fri 10/13/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Sat 10/14/2023 | 10:00 am | MS Cross Country - Harwood Invitational                 | Harwood Union Middle and High School   | MS Cross Country                                  |        | Home Meet  |
| Mon 10/16/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Fri 10/20/2023 | 3:45 pm  | MS Cross Country Practice                               | Harwood Union High School              | MS Cross Country                                  |        | Practice   |
| Sat 10/21/2023 | 10:00 am | MS Cross Country @ NVAC Mountain Division Championships | U-32                                   | MS Cross Country                                  |        | Away Meet  |

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|----------------|----------|-----------------------------------|------------------|------------------|--------|------------|
| Sun 10/29/2023 | 12:00 pm | MS XC Championships @<br>Thetford | Thetford Academy | MS Cross Country |        | Away Meet  |