

Cross Country Schedule 2023

- Only league meets count toward the league title.
- If you see a team multiple times, only the first meet counts toward your league record.
- Western Mass Championships: Saturday 10/28 (with Saturday 11/4 as a rain date)
- State Sectional Qualifying Meets: Saturday 11/11
- All State Championships: Saturday 11/18

Valley North

Tuesday 9/5

Chicopee Comp, Amherst at Belchertown
Northampton at Longmeadow
Ludlow at Minnechaug
Chicopee, Agawam at Westfield

Tuesday 9/12

Northampton, Westfield at Ludlow
Longmeadow at Amherst
Minnechaug at Belchertown
Chicopee Comp at Chicopee

Tuesday 9/19

Amherst at Chicopee
Northampton at Minnechaug
Westfield at Belchertown
Longmeadow, Ludlow at Chicopee Comp (**Wednesday 9/20**)

Tuesday 9/26

Westfield, Minnechaug at Amherst
Northampton at Chicopee Comp
Longmeadow at Belchertown
Chicopee, Duggan at Ludlow

Tuesday 10/10

Northampton, Belchertown at Chicopee
Ludlow at Amherst
Chicopee Comp at Minnechaug
Longmeadow, East Longmeadow at Westfield

Tuesday 10/17

Chicopee, Minnechaug at Longmeadow
Belchertown at Ludlow
Chicopee Comp at Westfield
Amherst at Northampton

Valley South

Tuesday 9/5

Chicopee, Agawam at Westfield
West Springfield at Renaissance
Springfield International Charter at Central (**Wednesday 9/6**)
Putnam, Duggan at Holyoke
BYE: East Longmeadow

Tuesday 9/12

East Longmeadow, Duggan at West Springfield
Holyoke at Springfield International Charter (**Monday 9/11**)
Agawam at Central
Putnam at Renaissance (**Wednesday 9/13**)

Tuesday 9/19

Agawam, Putnam at Duggan (**Monday 9/18**)
Renaissance at Central
East Longmeadow at Holyoke
Springfield International Charter at West Springfield

Tuesday 9/26

Springfield International Charter, East Longmeadow at Agawam
Chicopee, Duggan at Ludlow
West Springfield, Holyoke at Central
BYE: Putnam and Renaissance

Tuesday 10/3

Putnam, Central at East Longmeadow
Holyoke, Agawam at Renaissance
BYE: West Springfield, Springfield International Charter, and Duggan

Tuesday 10/10

Renaissance, Duggan at Springfield International Charter
West Springfield at Putnam (**Wednesday 10/11**)
Longmeadow, East Longmeadow at Westfield
Holyoke, Granby, Westfield Tech at Hampden Charter (**Thursday 10/12**)
BYE: Agawam, Central

Tuesday 10/17

Agawam at West Springfield
Renaissance at East Longmeadow
Central at Duggan
Springfield International Charter at Putnam (**Wednesday 10/18**)
BYE: Holyoke

● **Duggan and Putnam compete in week 1 and 3**

- **Holyoke and East Longmeadow cross over with the Pioneer League and Valley North in week 5**
- **Agawam Crosses over with the Valley North in Week 1** (due to Sci-Tech dropping their team)
- **Duggan Crosses over with the Valley North in week 4** (due to Sci-Tech dropping their team)

Pioneer North and South

Tuesday 9/5

Hampshire, Pope Francis at Gateway
 Southwick, Granby at Monson
 Smith Voke, St Mary's, Hampden Charter at McCann
 Westfield Tech, PVCICS, Greenfield at Palmer
 Mohawk, Easthampton at Hopkins
 Pioneer, Frontier at Mahar

Tuesday 9/12

Smith Voke, Hopkins, Gateway at Southwick
 Monson, Hampden Charter, Pioneer at Easthampton
 Frontier, PVCICS, St Mary's at Granby
 Greenfield, Mahar, Hampshire at Westfield Tech
 Pope Francis at McCann
 Palmer at Mohawk

Tuesday 9/19

Granby, Palmer at Hampshire
 Gateway, Westfield Tech at Monson
 Southwick, PVCICS, Hampden Charter at Mohawk
 St Mary's, Greenfield, Pioneer at Pope Francis
 Frontier, McCann at Hopkins
 Mahar, Easthampton at Smith Voke

Tuesday 9/26

Hampden Charter, Pope Francis at Palmer
 Westfield Tech, Southwick at St Mary's
 Hopkins, Granby, Mahar at Gateway
 Monson, Easthampton, Hampshire at Frontier
 McCann, Mohawk at Greenfield
 Pioneer, Smith Voke at PVCICS (**Wednesday 9/27**)

Tuesday 10/3

Hampshire at Hampden Charter (**Monday 10/2**)
 Monson at St Mary's (**Monday 10/2**)
 Palmer at Southwick
 Pope Francis at Westfield Tech (**Wednesday 10/4**)
 Easthampton at Granby
 Frontier at Gateway
 Greenfield at Hopkins
 McCann at Pioneer

Smith Voke at Mohawk
Mahar at PVCICS (**Wednesday 10/18**)

Tuesday 10/10

Granby, Holyoke, Westfield Tech at Hampden Charter (**Thursday 10/12**)
Gateway, St Mary's at Palmer
Southwick, Hampshire, Hopkins at Pioneer
Mohawk, Monson, Pope Francis at Mahar
Smith Voke, Frontier at Greenfield
Easthampton, PVCICS at McCann

Tuesday 10/17

Gateway, Hampden Charter, Greenfield at Easthampton
Southwick, Granby at Pope Francis
Monson, PVCICS, Palmer at Hopkins
McCann, Mahar, St Mary's at Hampshire
Westfield Tech at Smith Voke
Mohawk, Pioneer at Frontier

ONLY THE FIRST MEETING BETWEEN THESE TEAMS COUNTS TOWARD YOUR RECORD

- **Hampden Charter and Easthampton meet in week 2 and 7**
- **Greenfield and Westfield Tech meet in week 1 and 2**
- **Hopkins and Gateway meet in week 2 and 4**
- **Monson and Easthampton meet in week 2 and 4**
- **Southwick and Hopkins meet in week 2 and 6**
- **Southwick and Granby meet in week 1 and 7**
- **PVCICS and Palmer meet in week 1 and 7**
- **McCann and St Mary's meet in week 2 and 7**
- **Mahar and Hampshire meet in week 2 and 7**
- **Frontier and Pioneer meet in week 1 and 7**