

**Coaches:** 

• Robert Kuba, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	end Time		TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 29, 2019	Thu	Regular Season (Race Throught Space 4K Glow Stick Night Run)	South Jefferson, Watertown	9:00 PM		Indian River M.S. Cross Country Course		L
Sep 7, 2019	Sat	Regular Season (Invitational)	@ Vernon-Verona- Sherrill	8:30 AM		Cross Country Course		L
Sep 10, 2019	Tue	Scrimmage	Watertown	4:00 PM		Indian River M.S. Cross Country Course		L
Sep 14, 2019	Sat	Regular Season (Invitational)	@ East Syracuse Minoa	10:30 AM		ESM Kirkville Rd. Field		L
Sep 17, 2019	Tue	Regular Season	@ Watertown	4:30 PM		Watertown H S		L
Sep 24, 2019	Tue	Regular Season	Beaver River	5:00 PM		Indian River M.S. Cross Country Course		L
Sep 28, 2019	Sat	Regular Season (E.J. Herrmann Invitational)	@ TBD	12:45 AM		TBD		L
Oct 1, 2019	Tue	Regular Season	South Jefferson @ South Lewis	4:30 PM		South Lewis Cross Country Course		L
Oct 5, 2019	Sat	Regular Season (Invitational)	@ Tully	11:20 AM		Tully XC Course		L
Oct 8, 2019	Tue	Regular Season	Carthage @ Sandy Creek	TBD		TBD		L
Oct 12, 2019	Sat	Regular Season (Invitational)	@ Beaver River	10:00 AM		Beaver River H S		L
Oct 15, 2019	Tue	Post-Season (Frontier League Meet)	TBD	4:30 PM		Indian River M.S. Cross Country Course		L
Oct 15, 2019	Tue	Regular Season (LEAGUE CHAMPIONSHIPS)	Sandy Creek, South Jefferson, Carthage, South Lewis, Beaver River, Watertown	5:00 PM		Indian River M.S. Cross Country Course		L
Oct 19, 2019	Sat	Regular Season (Warrior Fun Run)	TBD	9:00 AM		Indian River M.S. Cross Country Course		L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		NL
Nov 9, 2019	Sat	Regular Season	South Jefferson	10:00 AM		Indian River M.S. Cross Country Course		L
Nov 9, 2019	Sat	Post-Season (Sectional Championship)	@ Vernon-Verona- Sherrill	10:40 AM		Cross Country Course		L