

Coaches:

• David Rowley, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START I	END TIME LOCATION	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	8:15 AM	Cross Country Course		L
Sep 10, 2019	Tue	Scrimmage	Watertown	4:00 PM	Indian River M.S. Cross Country Course		L
CANCELLED 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 563 Brown Road, Frankfort, New York 13340)	@ 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 8, 2019	Tue	Regular Season	Carthage @ Sandy Creek	4:30 PM	Sandy Creek MS/HS		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	4:30 PM	Indian River M.S. Cross Country Course		L
Nov 9, 2019	Sat	Regular Season	South Jefferson	10:00 AM	Indian River M.S. Cross Country Course		L

Date: 2024-11-23