

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2022	Sat	Regular Season (Varsity Cross Country Invitational - VVS)	@ TBD	TBD	TBD		L
Sep 14, 2022	Wed	Regular Season	Thousand Islands @ Sandy Creek	4:30 PM	Sandy Creek MS/HS		L
Sep 20, 2022	Tue	Regular Season	South Lewis, Watertown	4:30 PM	Carthage High School		L
Sep 24, 2022	Sat	Regular Season (Cross Country Invitational - E.J. Herrmann)	@ TBD	TBD	TBD		L
Sep 27, 2022	Tue	Regular Season	South Jefferson, Indian River	4:30 PM	Carthage High School		L
Oct 4, 2022	Tue	Regular Season	@ Beaver River	4:30 PM	Beaver River H S		L
Oct 11, 2022	Tue	Regular Season (Frontier League Championships)	South Jefferson, Thousand Islands, Sandy Creek, Indian River, Watertown, Beaver River @ South Lewis	4:30 PM	South Lewis Cross Country Course		L
Oct 15, 2022	Sat	Regular Season (BR Invite)	Beaver River, Adirondack, Canton, Watertown, Norwood-Norfolk, Pulaski, Phoenix, Potsdam, Indian River, Ogdensburg, TBD @ TBD	10:00 AM	Beaver River H S		NL
Oct 15, 2022	Sat	Regular Season (Cross Country Invitational - Beaver River)	@ TBD	TBD	TBD		L
Oct 29, 2022	Sat	Regular Season (Cross Country Invitational - John Bernard (Adirondack)	@ TBD	TBD	TBD		L
Nov 5, 2022	Sat	Post-Season (VVS)	@ TBD	10:30 AM	TBD		NL

Date: 2025-12-13