



# North Tonawanda

## (B) V Cross Country

### Coaches:

- Nick Kraus

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Sep 6, 2019	Fri	Regular Season (Dash in the Dark Invitational Relay Race)	@ Oakfield-Alabama	6:00 PM		Oakfield-Alabama Middle-High School, 7001 Lewiston Road, Oakfield, NY 14125	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:30 PM L
Sep 14, 2019	Sat	Regular Season (Knox Cross Country Invitational)	@ TBD	10:00 AM		Knox Park, East Aurora	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 8:30 AM L
Sep 21, 2019	Sat	Regular Season (Boys & Girls Cross Country Invitational)	@ East Aurora	10:00 AM		East Aurora High School	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 8:15 AM L
Sep 24, 2019	Tue	Practice (Boys & Girls Cross Country League Practice)	N/A	5:00 PM		Intermediate Ed. Center (Lewiston Porter)	Bus/Driver: School	Departure Point: front of high school Departure Time: 4:20 PM
POSTPONED Oct 1, 2019	Tue	Regular Season (Lewiston-Porter XC Trail - Niagara, Wheatfield, CSAT)	@ TBD	TBD		Lewiston-Porter CSD, Cross Country Trail	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:15 PM L
CANCELLED Oct 7, 2019	Mon	Practice (Boys & Girls Cross Country Practice)	N/A	5:00 PM	6:30 PM	Bond Lake	Bus/Driver: School	Departure Point: front of high school Departure Time: 4:15 PM Return Date: Return Time: 6:30 PM
Oct 8, 2019	Tue	Regular Season (Bond Lake #2 - Lockport, Ken West)	@ TBD	4:30 PM		Bond Lake	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:15 PM L
Oct 15, 2019	Tue	Regular Season (Grand Island, Nia Falls)	@ Lewiston Porter	4:30 PM		Lewiston Porter High School	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:15 PM L
CANCELLED Oct 16, 2019	Wed	Practice (Boys & Girls Cross Country Practice)	N/A	5:00 PM	6:30 PM	Bond Lake	Bus/Driver: School	Departure Point: front of high school Departure Time: 4:15 PM Return Date: Return Time: 6:30 PM
Oct 22, 2019	Tue	Regular Season (Regular Season - Lew-Port, Ken East)	@ Lewiston Porter	4:30 PM		Lewiston Porter High School	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:15 PM L

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Oct 29, 2019	Tue	Regular Season	@ Lewiston Porter	4:30 PM		Lewiston Porter High School	Bus/Driver: School	<b>Departure Point:</b> Front of HS Flag Pole <b>Departure Time:</b> 3:15 PM L
CANCELLED Oct 29, 2019	Tue	Practice (Boys & Girls Cross Country Practice)	N/A	5:00 PM	6:30 PM	Beaver Island State Park	Bus/Driver: School	<b>Departure Point:</b> front of high school <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM
Nov 2, 2019	Sat	Regular Season (NFL Championship)	@ TBD	12:00 PM		Beaver Island State Park	Bus/Driver: School	<b>Departure Point:</b> Front of HS Flag Pole <b>Departure Time:</b> 10:45 AM L
Nov 4, 2019	Mon	Practice (Boys & Girls Cross Country Practice)	N/A	5:00 PM	6:30 PM	Bond Lake	Bus/Driver: School	<b>Departure Point:</b> front of high school <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM
Nov 8, 2019	Fri	Regular Season (Cross Country Sectionals @ Knox Farm Park)	@ TBD	TBD		Knox Park, East Aurora	Bus/Driver: School	<b>Departure Point:</b> Front of HS Flag Pole <b>Departure Time:</b> 8:00 AM L

Date: 2026-02-03