

Coaches:

• Robert Kuba, Head Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|---|---------------|-------------|--|---|--|----------------------------|
| Sep 13, 2023 | Wed | Regular Season | Beaver River @ Thousand Islands | 5:00 PM | | Thousand Islands High School | Bus/Driver: 3 Coaches/36 Athletes/1 Aide | Departure Point: High School Athletic Doors Departure Time: 2:45 PM Return Date: Return Time: 6:30 PM | L |
| Sep 16, 2023 | Sat | Regular Season (VVS Invitational) | @ TBD | 8:15 AM | | Cross Country Course | Bus/Driver: Coach Kuba/Rowley/15 Athletes | Departure Point: High School Athletic Doors Departure Time: 8:00 AM Return Date: Return Time: 6:00 PM | NL |
| Sep 26, 2023 | Tue | Regular Season | General Brown @ South Lewis | 4:30 PM | | South Lewis Cross Country Course | Bus/Driver: 3 Coaches/36 Athletes/1 Aide | Departure Point: High School Athletic Doors Departure Time: 2:25 PM Return Date: Return Time: 7:00 PM | L |
| Oct 3, 2023 | Tue | Regular Season | Watertown @ South Jefferson | 4:30 PM | | SJ HS/MS - Cross Country Course | Bus/Driver: 3 Coaches/36 Athletes/1 Aide | Departure Point: High School Athletic Doors Departure Time: 3:00 PM Return Date: Return Time: 6:30 PM | L |
| Oct 10, 2023 | Tue | Regular Season (League Championships) | Carthage, Beaver River, Thousand Islands, General Brown, Watertown, South Lewis, Sandy Creek @ South Jefferson | | | SJ HS/MS - Cross Country Course | Bus/Driver: 3 Coaches/36 Athletes/1 Aide | Departure Point: High School Athletic Doors Departure Time: 1:45 PM Return Date: Return Time: 6:30 PM | L |
| Oct 14, 2023 | Sat | Regular Season (Beaver River Cross Country Invitational) | @ TBD | 10:00 AM | | Beaver River H S | | | NL |
| Oct 14, 2023 | Sat | Regular Season (BR Cross Country Invitational) | Carthage, Phoenix, Pulaski, Watertown, Tully @ Beaver River | 10:00 AM | | Beaver River H S | Bus/Driver: 3 Coaches/36 Athletes/1 Aide | Departure Point: High School Athletic Doors Departure Time: 8:15 AM Return Date: Return Time: 1:30 PM | NL |

| DATE | WEE! DAY | ТҮРЕ | OPPONENTS | START EN | | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|-----------|-------------|----------------------------|---|---|----------------------------|
| Oct 28, 2023 | Sat | Regular Season (John Bernard (Adirondack) Cross Country Invitational) | @ TBD | 9:30 AM | Adirondack HS | Bus/Driver: Coach Kuba/Rowley/15 Athletes | Departure Point: High School Athletic Doors Departure Time: 8:45 AM Return Date: Return Time: 2:00 PM | NL |
| Nov 4, 2023 | Sat | Regular Season (Section III Championship) | @ TBD | 10:00 AM | Cross Country Course | Bus/Driver: Coach Kuba/Rowley/15 Athletes | Departure Point: High School Athletic Doors Departure Time: 10:15 AM Return Date: Return Time: 7:00 PM | NL |

Date: 2024-05-14