

Sandy Creek

(G) V Cross Country

Coaches:

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---|------------|----------|--|-------------------------|---------------------|
| Aug 21, 2023 | Mon | Practice (Varsity Cross Country practice) | N/A | 3:30 PM | 5:30 PM | TBD | | |
| Aug 22, 2023 | Tue | Practice (Varsity Cross Country practice) | N/A | 7:45 AM | 9:45 AM | TBD | | |
| Aug 23, 2023 | Wed | Practice (Varsity Cross Country practice) | N/A | 3:30 PM | 5:30 PM | TBD | | |
| Aug 24, 2023 | Thu | Practice (Varsity Cross Country practice) | N/A | 7:45 AM | 9:45 AM | TBD | | |
| Aug 25, 2023 | Fri | Practice (Varsity Cross Country practice @ Winona Forest Trail) | N/A | 7:45 AM | 9:45 AM | TBD | | |
| Sep 1, 2023 | Fri | Practice (XC practice at Southwick Beach) | N/A | 3:30 PM | 5:30 PM | TBD | Departure Time: 3:15 PM | |
| Sep 13, 2023 | Wed | Regular Season | General Brown @ Watertown | 5:00 PM | | Watertown Wiley Intermediate School | | L |
| Sep 16, 2023 | Sat | Regular Season (VVS Invite) | @ Vernon-Verona-Sherrill | 9:00 AM | 12:00 PM | Cross Country Course | Departure Time: 7:00 AM | NL |
| Sep 19, 2023 | Tue | Regular Season | Carthage @ Indian River | 5:00 PM | 6:30 PM | Indian River M.S. Cross Country Course | Departure Time: 3:15 PM | L |
| Sep 23, 2023 | Sat | Regular Season (Baldwinsville Invite @ Durgee Jr. High) | @ TBD | 10:00 AM | | Bville - Durgee Cross Country Trail | Departure Time: 7:30 AM | NL |
| Sep 26, 2023 | Tue | Regular Season | Thousand Islands @ South Jefferson | 4:30 PM | | SJ HS/MS - Cross Country Course | Departure Time: 3:15 PM | L |
| Oct 3, 2023 | Tue | Regular Season | Beaver River, South Lewis | 5:00 PM | | Sandy Creek MS/HS | | L |
| Oct 10, 2023 | Tue | Regular Season (League Championships) | Carthage, Indian River, Beaver River, Thousand Islands, General Brown, Watertown, South Lewis @ South Jefferson | 4:30 PM | | SJ HS/MS - Cross Country Course | Departure Time: 1:30 PM | L |
| Oct 18, 2023 | Wed | Regular Season | @ Altmar-Parish-Williamstown (APW Rebels) | 4:30 PM | | A-P-W Elementary School | Departure Time: 3:15 PM | L |
| Oct 28, 2023 | Sat | Regular Season (John Bernard Invite @ Adirondack HS) | @ Adirondack | 9:30 AM | | Adirondack HS | Departure Time: 7:00 AM | NL |
| Nov 4, 2023 | Sat | Post-Season (Section 3 Championship @ VVS HS) | @ Vernon-Verona-Sherrill | 10:00 AM | 3:30 PM | Cross Country Course | Departure Time: 7:30 AM | NL |

Date: 2024-05-08