

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: 2025-12-11