

# Sandy Creek

## (B) V Cross Country

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Aug 27, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	TBD		
Aug 28, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	TBD		
Aug 29, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	TBD		
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	TBD		
Aug 31, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Sep 17, 2024	Tue	Regular Season	Watertown @ Indian River	5:00 PM	7:00 PM	Indian River M.S. Cross Country Course	<b>Departure Time:</b> 3:15 PM	L
Sep 24, 2024	Tue	Regular Season	South Lewis, Carthage	5:00 PM	6:00 PM	Sandy Creek MS/HS		L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational )	@ Utica Proctor	9:00 AM		Proctor Park	<b>Departure Time:</b> 7:00 AM	L
Oct 1, 2024	Tue	Regular Season	Beaver River, General Brown	5:00 PM	6:00 PM	TBD		L
Oct 8, 2024	Tue	Regular Season	South Jefferson @ Thousand Islands	5:00 PM		Thousand Islands High School	<b>Departure Time:</b> 3:15 PM	L
Oct 12, 2024	Sat	Regular Season (VVS Cross Country Invite)	@ Vernon-Verona-Sherrill	9:00 AM		Cross Country Course	<b>Departure Time:</b> 7:00 AM	NL
Oct 15, 2024	Tue	Regular Season	South Jefferson, Beaver River, Watertown, Indian River, General Brown, South Lewis, Thousand Islands @ Carthage	3:30 PM		Carthage High School	<b>Departure Time:</b> 1:30 PM	L
Oct 22, 2024	Tue	Regular Season	South Jefferson @ General Brown	5:00 PM	6:30 PM	General Brown High School	<b>Departure Time:</b> 3:15 PM	L
Nov 2, 2024	Sat	Regular Season (John Bernard Invite @ Adirondack HS )	@ Adirondack	TBD		TBD	<b>Departure Time:</b> 7:30 AM	NL
Nov 9, 2024	Sat	Post-Season (XC Section 3 Championship)	@ Mount Markham	TBD		HS Track		NL

Date: 2026-03-07