



# South Jefferson

## (G) V Cross Country

### Coaches:

- Justin Crossway, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2019	Thu	Regular Season (Race Through Space 4K Glow Stick Night Run)	Watertown @ Indian River	9:00 PM		Indian River M.S. Cross Country Course		L
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	TBD		Cross Country Course		L
Sep 17, 2019	Tue	Regular Season (SJ *Senior Night)	Sandy Creek	4:30 PM		SJ HS/MS - Cross Country Course		L
Sep 24, 2019	Tue	Regular Season	Watertown @ Carthage	4:30 PM		Carthage High School		L
Sep 28, 2019	Sat	Regular Season (55th McQuaid Jesuit Invitational)	@ McQuaid Jesuit	TBD		TBD		L
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		TBD		L
Oct 1, 2019	Tue	Regular Season	Indian River @ South Lewis	4:30 PM		South Lewis Cross Country Course		L
Oct 8, 2019	Tue	Regular Season	@ Beaver River	4:30 PM		Beaver River H S		L
Oct 15, 2019	Tue	Regular Season (LEAGUE CHAMPIONSHIPS)	Sandy Creek, Carthage, South Lewis, Beaver River, Watertown @ Indian River	5:00 PM		Indian River M.S. Cross Country Course		L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		NL
Nov 2, 2019	Sat	Regular Season (VVS Invite)	@ Vernon-Verona-Sherrill	11:00 AM		Cross Country Course		L
Nov 9, 2019	Sat	Regular Season	@ Indian River	10:00 AM		Indian River M.S. Cross Country Course		L
Nov 9, 2019	Sat	Post-Season (Section III Championships VVS HS)	@ TBD	TBD		TBD		L
Nov 16, 2019	Sat	Post-Season (NYSPHSAA State Championships SUNY Plattsburgh)	@ TBD	10:00 AM		TBD		L

Date: 2024-05-17