

F.I.S ATHLETICS**F.I.S CROSS COUNTRY****2024-2025**

FRIDAY	AUG 30	BERESFORD	BERESFORD	10AM
TUESDAY	SEPT 10	JESSE JAMES INVITE	GARRETSON	4PM
SATURDAY	SEPT 14	DON RAY INVITE	DEURBOOK	9AM
MONDAY	SEPT 16	ARLINGTON	ARLINGTON	4PM
MONDAY	SEPT 23	DELL RAPIDS	DELL RAPIDS	2PM
TUESDAY	OCT 1	SIOUX VALLEY	VOLGA	4PM
WEDNESDAY	OCT 2	COLMAN-EGAN	COLMAN	1PM
MONDAY	OCT 7	HOWARD	HOWARD	2PM
WEDNESDAY	OCT 16	REGIONS	ARLINGTON	1PM
SATURDAY	OCT 26	STATE MEET	RAPID CITY	TBD