



South Jefferson

(B) V Cross Country

Coaches:

- Justin Crossway, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2022	Wed	Regular Season	South Lewis	5:00 PM		SJ HS/MS - Cross Country Course		L
Sep 20, 2022	Tue	Regular Season	Beaver River @ Thousand Islands	5:00 PM		Thousand Islands High School		L
Sep 27, 2022	Tue	Regular Season	Indian River @ Carthage	4:30 PM		Carthage High School		L
Oct 4, 2022	Tue	Regular Season	Sandy Creek @ Watertown	5:00 PM		Watertown HS		L
Oct 11, 2022	Tue	Regular Season (Frontier League Championships)	Thousand Islands, Carthage, Sandy Creek, Indian River, Watertown, Beaver River @ South Lewis	4:30 PM		South Lewis Cross Country Course		L
Oct 15, 2022	Sat	Regular Season	Homer, Bishop Grimes, Cazenovia, Chittenango, Cincinnatus, Cortland, Jamesville-Dewitt, Mexico, Manlius Pebble Hill, New York Mills, Notre Dame, Utica, Sandy Creek, Trumansburg, Whitesboro, Sullivan West, Altmar-Parish-Williamstown (APW Rebels) @ Tully	8:45 AM	2:00 PM	Tully XC Course		NL
Nov 5, 2022	Sat	Post-Season (Section III Class C Meet)	@ TBD	10:00 AM		Cross Country Course		NL

Date: 2025-12-19