



South Lewis

(G) V Cross Country

Coaches:

- Jack Bernard, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ TBD	8:15 AM		VVS High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:00 AM	NL
Sep 17, 2019	Tue	Regular Season	Carthage @ Beaver River	4:30 PM		Beaver River H S	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 3:15 PM	L
Sep 20, 2019	Fri	Regular Season (Leave for Plattsburgh Invitational)	@ TBD	TBD		SUNY Plattsburgh	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 2:45 PM	NL
Sep 21, 2019	Sat	Regular Season (SUNY Plattsburgh High School Invitational)	@ TBD	TBD		TBD	Bus/Driver: South Lewis	Departure Point: Back Ramp	NL
Sep 24, 2019	Tue	Regular Season	Sandy Creek	5:00 PM		South Lewis Cross Country Course			L
Sep 28, 2019	Sat	Regular Season (EJ Herrmann Invitational @ Proctor Park)	@ TBD	9:15 AM		Utica Proctor Park	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:30 AM	NL
Oct 1, 2019	Tue	Regular Season	Indian River, South Jefferson	4:30 PM		South Lewis Cross Country Course			L
Oct 5, 2019	Sat	Regular Season (Tully Invitational)	@ TBD	9:00 AM		Tully High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:00 AM	NL
Oct 8, 2019	Tue	Regular Season	@ Watertown	4:30 PM		Watertown H S	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 12:30 PM	L
Oct 15, 2019	Tue	Regular Season (LEAGUE CHAMPIONSHIPS)	Sandy Creek, South Jefferson, Carthage, Beaver River, Watertown @ Indian River	5:00 PM		Indian River M.S. Cross Country Course	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 12:30 PM	L
Oct 18, 2019	Fri	Regular Season (Leave for Bowdoin Park)	@ TBD	TBD		Bowdoin Park	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 2:45 PM	NL
Oct 19, 2019	Sat	Regular Season (Section I Coaches Invitational @ Bowdoin Park)	@ TBD	9:30 AM		Bowdoin Park	Bus/Driver: South Lewis	Departure Point: Back Ramp	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 26, 2019	Sat	Regular Season (Adirondack Invitational)	@ TBD	9:00 AM		Adirondack High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 7:00 AM	NL
Nov 9, 2019	Sat	Post-Season (Section III Championships @ VVS)	@ TBD	10:00 AM		VVS High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 7:30 AM	NL
Nov 15, 2019	Fri	Post-Season (Leave For New York State Championships @ SUNY Plattsburg)	@ TBD	TBD		SUNY Plattsburg	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 7:30 AM	NL
Nov 16, 2019	Sat	Post-Season (NY State Championships @ SUNY Plattsburg)	@ TBD	TBD		SUNY Plattsburg	Bus/Driver: South Lewis	Departure Point: Back Ramp	NL
Nov 23, 2019	Sat	Post-Season (Federation Championships @ Bowdoin Park)	@ TBD	12:00 PM	3:00 PM	Bowdoin Park	Bus/Driver: South Lewis	Departure Point: Back Ramp	NL

Date: 2025-12-07