



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 10, 2022	Sat	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM	12:00 PM	Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	L
Sep 14, 2022	Wed	Regular Season	@ South Jefferson	5:00 PM		SJ HS/MS - Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	L
Sep 20, 2022	Tue	Regular Season	Watertown @ Carthage	5:00 PM		Carthage High School	Bus/Driver: South Lewis Central School	Departure Point: Track Departure Time: 3:00 PM	L
Sep 24, 2022	Sat	Regular Season	@ TBD	10:00 AM		Bville - Durgee Cross Country Trail	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Sep 27, 2022	Tue	Regular Season	Beaver River, Sandy Creek	5:00 PM		South Lewis Cross Country Course			L
Oct 4, 2022	Tue	Regular Season	Thousand Islands, Indian River	5:00 PM		South Lewis Cross Country Course			L
Oct 8, 2022	Sat	Regular Season	@ TBD	9:00 AM		Van Cortlandt Park	Bus/Driver: South Lewis	Departure Point: Track Departure Date: Oct 7, 2022 Departure Time: 2:50 PM	L
Oct 11, 2022	Tue	Regular Season (Frontier League Championships)	South Jefferson, Thousand Islands, Carthage, Sandy Creek, Indian River, Watertown, Beaver River	5:00 PM		South Lewis Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track	L
Oct 15, 2022	Sat	Regular Season	@ TBD	9:30 AM		Tully XC Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Oct 22, 2022	Sat	Regular Season	@ TBD	10:00 AM		Bowdoin Park	Bus/Driver: South Lewis	Departure Point: Track Departure Date: Oct 21, 2022 Departure Time: 2:50 PM	NL
Nov 5, 2022	Sat	Post-Season	@ Vernon-Verona-Sherrill	10:00 AM	3:30 PM	Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 7:30 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 12, 2022	Sat	Post-Season	@ Vernon- Verona- Sherrill	10:30 AM	3:30 PM	Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 8:45 AM	NL

Date: 2024-05-15