



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 13, 2023	Wed	Regular Season	South Jefferson @ Carthage	4:30 PM		Comet Field	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	L
Sep 16, 2023	Sat	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM	3:30 PM	Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 7:00 AM	NL
Sep 19, 2023	Tue	Regular Season	Watertown, Thousand Islands	4:30 PM		South Lewis Cross Country Course			L
Sep 23, 2023	Sat	Regular Season	@ TBD	9:00 AM	6:30 PM	Bville - Durgee Cross Country Trail	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Sep 26, 2023	Tue	Regular Season	General Brown, Indian River	4:30 PM		South Lewis Cross Country Course			L
Oct 3, 2023	Tue	Regular Season	Beaver River @ Sandy Creek	5:00 PM		Sandy Creek MS/HS	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 2:50 PM	L
Oct 10, 2023	Tue	Regular Season (League Championships)	Carthage, Indian River, Beaver River, Thousand Islands, General Brown, Watertown, Sandy Creek @ South Jefferson	4:30 PM		SJ HS/MS - Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 1:30 PM	L
Oct 14, 2023	Sat	Regular Season	@ TBD	TBD		Van Cortlandt Park	Bus/Driver: South Lewis	Departure Point: Track	NL
Oct 21, 2023	Sat	Regular Season	@ TBD	TBD		Bowdoin Park	Bus/Driver: South Lewis	Departure Point: Track	NL
Nov 4, 2023	Sat	Post-Season	@ Vernon-Verona-Sherrill	9:00 AM		Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Nov 11, 2023	Sat	Post-Season	@ Vernon-Verona-Sherrill	9:00 AM	3:30 PM	Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:15 AM	NL

Date: 2025-12-05