



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, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen, Rome Free Academy, Skaneateles, South Jefferson, Tully, Vernon-Verona-Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen, Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Auburn, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School			NL
Sep 17, 2024	Tue	Regular Season	General Brown @ Thousand Islands	5:00 PM		Thousand Islands High School			L
Sep 21, 2024	Sat	Regular Season	@ TBD	10:00 AM	6:30 PM	Bville - Durgee Cross Country Trail	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Sep 24, 2024	Tue	Regular Season	Carthage @ Sandy Creek	5:00 PM		Sandy Creek MS/HS	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	L
Oct 1, 2024	Tue	Regular Season	Watertown @ South Jefferson	5:00 PM		SJ HS/MS - Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	L
Oct 5, 2024	Sat	Meet (Tully XC Invite)	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Oct 8, 2024	Tue	Regular Season	Beaver River, Indian River	5:00 PM		South Lewis Cross Country Course			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2024	Tue	Regular Season	South Jefferson, Beaver River, Watertown, Sandy Creek, Indian River, General Brown, Thousand Islands @ Carthage	3:30 PM	6:30 PM	Carthage High School	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 1:00 PM	L
Oct 19, 2024	Sat	Regular Season (Beaver River Invitational)	Phoenix, Rome Free Academy, Notre Dame, Utica @ Beaver River	9:00 AM		Beaver River H S	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 7:00 AM	NL
Nov 9, 2024	Sat	Post-Season	@ Mount Markham	12:00 PM		HS Track	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 10:30 AM	NL
Nov 16, 2024	Sat	Post-Season (States)	Whitesboro, Roy C Ketcham/ Wappingers JHS, Lake George, Oswego, Auburn @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School			NL

Date: 2025-12-05