



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 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica Proctor, Auburn, Camden, Weedsport, Fayetteville- Manlius, Chittenango, Canastota, Jamesville- Dewitt, Cicero- North Syracuse, Onondaga Central, Jordan- Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius- Pompey, Vernon-Verona- Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM		Mount Markham HS	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2025	Sat	Regular Season (Queensbury Invy)	Schenectady High School, Auburn, Shaker High School, Lake George, Monticello, Niskayuna High School, Tully, Greenville, Colonie High School, Roy C Ketcham/Wappingers JHS, Central Valley Academy, Phoenix, Chatham, Broadalbin-Perth, Shenendehowa High School, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Bus/Driver: South Lewis	Departure Point: Track Departure Date: Sep 12, 2025 Departure Time: 3:00 PM	NL
Sep 16, 2025	Tue	Regular Season	South Jefferson @ Indian River	5:00 PM		Indian River M.S. Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 2:50 PM	L
Sep 20, 2025	Sat	Regular Season	@ TBD	9:15 AM		Bville - Durgee Cross Country Trail	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Sep 23, 2025	Tue	Regular Season	Watertown, Carthage	5:00 PM		South Lewis Cross Country Course			L
Sep 30, 2025	Tue	Regular Season	Sandy Creek @ Thousand Islands	5:00 PM		Thousand Islands High School	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 2:50 PM	L
Oct 4, 2025	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 7, 2025	Tue	Regular Season	General Brown @ Beaver River	5:00 PM		Beaver River H S	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	L
Oct 14, 2025	Tue	Regular Season (Frontier League Meet)	Carthage, Sandy Creek, General Brown, Thousand Islands, Watertown, South Jefferson, Indian River @ Beaver River	3:00 PM		Beaver River H S	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 2:00 PM	L
Oct 18, 2025	Sat	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM	6:30 PM	Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 8, 2025	Sat	Post-Season	@ Mount Markham	1:30 PM		HS Track	Bus/Driver: South Lewis	Departure Point: Track Departure Date: Nov 8, 2025 Departure Time: 10:00 AM	NL
Nov 15, 2025	Sat	Post-Season (NYSPHSAA State Meet)	Nottingham (Nottingham) @ Queensbury	9:30 AM	10:30 AM	Queensbury HS, Trails @ Elem. School			NL

Date: 2025-12-05