



# South Lewis

## (G) 7/8TH Cross Country

### Coaches:

- Michele Liendecker, Head Coach

| DATE         | WEEK DAY | TYPE   | OPPONENTS  | START TIME | END TIME | LOCATION                               | DEPARTURE                      | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|--|--------------------------------|--|---------------------|
| Sep 17, 2019 | Tue      | Regular Season   | Carthage @ Beaver River  | 4:30 PM    |          | Beaver River H S                       | <b>Bus/Driver:</b> South Lewis | <b>Departure Point:</b> Back Ramp<br><b>Departure Time:</b> 3:15 PM  | L                   |
| 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                     | <b>Bus/Driver:</b> South Lewis | <b>Departure Point:</b> Back Ramp<br><b>Departure Time:</b> 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                      | <b>Bus/Driver:</b> South Lewis | <b>Departure Point:</b> Back Ramp<br><b>Departure Time:</b> 6:00 AM  | NL                  |
| Oct 8, 2019  | Tue      | Regular Season   | @ Watertown  | 4:30 PM    |          | Watertown H S                          | <b>Bus/Driver:</b> South Lewis | <b>Departure Point:</b> Back Ramp<br><b>Departure Time:</b> 2:45 PM  | L                   |
| Oct 12, 2019 | Sat      | Regular Season (Invitational @ RFA)                      | @ TBD  | 12:00 PM   |          | RFA Staley Elementary School           | <b>Bus/Driver:</b> South Lewis | <b>Departure Point:</b> Back Ramp<br><b>Departure Time:</b> 9:30 AM  | NL                  |
| Oct 15, 2019 | Tue      | Regular Season (LEAGUE CHAMPIONSHIPS)                    | Sandy Creek, South Jefferson, Carthage, Beaver River, Watertown @ Indian River | 4:00 PM    |          | Indian River M.S. Cross Country Course | <b>Bus/Driver:</b> South Lewis | <b>Departure Point:</b> Back Ramp<br><b>Departure Time:</b> 12:30 PM | L                   |
| Oct 26, 2019 | Sat      | Regular Season (Adirondack Invitational)                 | @ TBD  | 9:00 AM    |          | Adirondack High School                 | <b>Bus/Driver:</b> South Lewis | <b>Departure Point:</b> Back Ramp<br><b>Departure Time:</b> 7:00 AM  | NL                  |

Date: 2026-01-13