



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 14, 2022 | Wed | Regular Season | General Brown @ South Jefferson | 4:30 PM | | SJ HS/MS - Cross Country Course | | | L |
| Sep 20, 2022 | Tue | Regular Season | Watertown @ Carthage | 4:30 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 | 9:00 AM | | Bville - Durgess Cross Country Trail | Bus/Driver: South Lewis Central School | Departure Point: Track Departure Time: 6:00 AM | NL |
| Sep 27, 2022 | Tue | Regular Season | Sandy Creek, Beaver River | 5:00 PM | | South Lewis Cross Country Course | | | L |
| Oct 1, 2022 | Sat | Regular Season (Whitesboro Cross country Invitational) | Notre Dame, Utica, Corcoran (Syracuse West), Rome Free Academy, Oneonta, Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Liverpool, Cooperstown (Modified), Central Valley Academy, Oriskany, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Herkimer, Oneida, Central Square, Remsen (Remsen/Town of Webb) @ Whitesboro | 9:00 AM | | Deerfield Town Wilderness Park | Bus/Driver: South Lewis Central School | Departure Point: Track Departure Time: 7:00 AM | NL |
| Oct 4, 2022 | Tue | Regular Season | Thousand Islands, Indian River | 4:00 PM | | South Lewis Cross Country Course | | | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|----------------------------------|---|---|---------------------|
| Oct 11, 2022 | Tue | Regular Season (Frontier League Championship) | General Brown, South Jefferson, Thousand Islands, Carthage, Sandy Creek, Indian River, Watertown, Beaver River | 4:00 PM | | South Lewis Cross Country Course | | | L |
| Oct 15, 2022 | Sat | Regular Season | @ Beaver River | 10:00 AM | | Beaver River H S | Bus/Driver: South Lewis Central School | Departure Point: Track Departure Time: 8:00 AM | NL |
| Oct 29, 2022 | Sat | Regular Season | @ Adirondack | 9:30 AM | | Adirondack HS | Bus/Driver: South Lewis Central School | Departure Point: Track Departure Time: 8:00 AM | NL |

Date: 2024-04-28