



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 - Durgee 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 @ 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: 2025-12-06