



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, 2024 | Tue | Regular Season | TBD @ Thousand Islands | 5:00 PM | | Thousand Islands High School | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 3:00 PM | 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 | 7:30 PM | Sandy Creek MS/HS | Bus/Driver: South Lewis | Departure Time: 3:00 PM | L |
| Sep 28, 2024 | Sat | Regular Season | @ Utica Proctor (JFK/DMS) | 9:30 AM | | Proctor Park | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 6:30 AM | 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 |
| Oct 15, 2024 | Tue | Regular Season | South Jefferson, Beaver River, Watertown, Sandy Creek, Indian River, General Brown, Thousand Islands @ Carthage | 3:30 PM | | Carthage High School | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 1:00 PM | L |
| Oct 19, 2024 | Sat | Regular Season (Invitational) | Notre Dame, Utica, Phoenix @ Beaver River | 9:00 AM | | Beaver River H S | | | L |
| Nov 2, 2024 | Sat | Regular Season | @ Adirondack | 9:30 AM | | Adirondack HS | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 7:00 AM | NL |

Date: 2025-12-19