



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 13, 2025	Sat	Regular Season (Qby Invy)	Shaker High School, Schenectady High School (Modified), Amsterdam, Greenville, Hudson Falls @ Queensbury	8:00 AM		Queensbury HS, Trails @ Elem. School			L
Sep 16, 2025	Tue	Regular Season	South Jefferson @ Indian River	5:00 PM	6:00 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	6:30 PM	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	4:30 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 - JH)	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 Championship)	Watertown, Sandy Creek, Thousand Islands, Indian River, General Brown, South Jefferson, Carthage @ Beaver River	3:00 PM	6:30 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		Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Nov 1, 2025	Sat	Regular Season	@ Adirondack	8:15 AM		Adirondack HS	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 7:00 AM	NL

Date: 2025-12-18