



South Lewis

(B) V Cross Country

Coaches:

- Jack Bernard, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen), Phoenix, Holland Patent, Tully, Cato- Meridian (Blue Devils), Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Vernon-Verona- Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville- Manlius, Homer, TBD, Indian River, Jamesville- Dewitt, Jordan- Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School			NL
Sep 17, 2024	Tue	Regular Season	General Brown @ 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	6:00 PM	Sandy Creek MS/HS	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 (Beaver River Invitational)	Phoenix, Rome Free Academy, Notre Dame, Utica @ Beaver River	9:00 AM		Beaver River H S	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 7:00 AM	NL
Nov 9, 2024	Sat	Post-Season	@ Mount Markham	12:00 PM		HS Track	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 10:30 AM	NL
Nov 16, 2024	Sat	Post-Season (States)	Whitesboro, Roy C Ketcham/ Wappingers JHS, Lake George, Oswego, Auburn, Notre Dame, Elmira @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School			NL

Date: 2025-12-13