



# 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 6, 2025	Sat	Regular Season (Mustang Invitational)	Central Valley Academy, Remsen (Remsen), Utica Proctor, Camden, New Hartford, Westmoreland, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Jamesville-Dewitt, Cicero-North Syracuse, Weedsport, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Fabius-Pompey, Canastota, Vernon-Verona-Sherrill, Cazenovia, Whitesboro, DeRuyter, Hamilton, Baldwinsville, Indian River, Liverpool, Onondaga Central, Phoenix, West Genesee, Auburn, Central Square, Tully @ Mount Markham	8:00 AM		HS Track			L
Sep 13, 2025	Sat	Regular Season (QBY INVY)	Auburn, Shaker High School, Greenville, Lake George, Schenectady High School, Monticello, Niskayuna High School, Vernon-Verona-Sherrill, Our Lady of Lourdes, Christian Brothers Academy, Albany, Colonie High School, Roy C Ketcham/Wappingers JHS, Phoenix, Central Valley Academy, Gloversville, Broadalbin-Perth, Watervliet, Afton (Afton/Harpursville/B-G), Chatham, Amsterdam, Shenendehowa High School, Hudson Falls, TBD @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Bus/Driver: South Lewis	Departure Point: Track Departure Date: Sep 12, 2025 Departure Time: 3:00 PM	NL
Sep 16, 2025	Tue	Regular Season	South Jefferson @ Indian River	5:00 PM		Indian River M.S. Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 2:50 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 20, 2025	Sat	Regular Season	@ TBD	9:15 AM		Bville - Durgee Cross Country Trail	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 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	5:00 PM		Thousand Islands High School	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 2:50 PM	L
Oct 4, 2025	Sat	Meet (Tully XC Invite )	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 6:00 AM	NL
Oct 7, 2025	Tue	Regular Season	General Brown @ Beaver River	5:00 PM		Beaver River H S	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 3:00 PM	L
Oct 14, 2025	Tue	Regular Season (Frontier League Meet)	Carthage, Sandy Creek, General Brown, Thousand Islands, Watertown, South Jefferson, Indian River @ Beaver River	3:00 PM		Beaver River H S	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 2:00 PM	L
Oct 18, 2025	Sat	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM	6:30 PM	Cross Country Course	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 6:00 AM	NL
Nov 8, 2025	Sat	Post-Season	@ Mount Markham	1:30 PM		HS Track	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 10:00 AM	NL
Nov 15, 2025	Sat	Post-Season	Afton (Afton/Harpursville/B-G), Phoenix, Nottingham (Nottingham) @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Date:</b> Nov 14, 2025 <b>Departure Time:</b> 9:00 AM	NL

Date: 2025-12-05