



South Lewis

(B) 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, 2023	Wed	Regular Season	South Jefferson @ Carthage	4:30 PM		Carthage High School	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	L
Sep 19, 2023	Tue	Regular Season	Watertown, Thousand Islands	4:30 PM		South Lewis Cross Country Course			L
Sep 23, 2023	Sat	Regular Season	@ TBD	9:00 AM	6:30 PM	Bville - Durgee Cross Country Trail	Bus/Driver: South Lewis Central School	Departure Point: Track Departure Time: 6:00 AM	NL
Sep 26, 2023	Tue	Regular Season	Indian River, General Brown	4:30 PM		South Lewis Cross Country Course			L
Sep 30, 2023	Sat	Regular Season	@ Utica Proctor (JFK/DMS)	9:00 AM		Proctor Park	Bus/Driver: South Lewis Central School	Departure Point: Track Departure Time: 6:30 AM	NL
Oct 3, 2023	Tue	Regular Season	Beaver River @ Sandy Creek	4:30 PM		Sandy Creek MS/HS	Bus/Driver: South Lewis Central School	Departure Point: Track Departure Time: 2:50 PM	L
Oct 10, 2023	Tue	Regular Season (League Championships)	Carthage, Indian River, Beaver River, Thousand Islands, Watertown, General Brown, Sandy Creek @ South Jefferson	3:30 PM		SJ HS/MS - Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 1:30 PM	L
Oct 14, 2023	Sat	Regular Season	@ Beaver River	10:00 AM		Beaver River H S	Bus/Driver: South Lewis Central School	Departure Point: Track Departure Time: 7:30 AM	NL
Oct 28, 2023	Sat	Regular Season	@ Adirondack	9:00 AM		Adirondack HS	Bus/Driver: South Lewis Central School	Departure Point: Track Departure Time: 7:30 AM	NL

Date: 2024-05-20