



# 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	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 3:00 PM	L
Sep 23, 2023	Sat	Regular Season	@ TBD	9:00 AM	6:30 PM	Bville - Durgee Cross Country Trail	<b>Bus/Driver:</b> South Lewis Central School	<b>Departure Point:</b> Track <b>Departure Time:</b> 6:00 AM	NL
Sep 30, 2023	Sat	Regular Season	@ Utica Proctor (JFK/DMS)	9:00 AM		Proctor Park	<b>Bus/Driver:</b> South Lewis Central School	<b>Departure Point:</b> Track <b>Departure Time:</b> 6:30 AM	NL
Oct 3, 2023	Tue	Regular Season	Beaver River @ Sandy Creek	4:30 PM		Sandy Creek MS/HS	<b>Bus/Driver:</b> South Lewis Central School	<b>Departure Point:</b> Track <b>Departure Time:</b> 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	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 1:30 PM	L
Oct 14, 2023	Sat	Regular Season	@ Beaver River	10:00 AM		Beaver River H S	<b>Bus/Driver:</b> South Lewis Central School	<b>Departure Point:</b> Track <b>Departure Time:</b> 7:30 AM	NL
Oct 28, 2023	Sat	Regular Season	@ Adirondack	9:00 AM		Adirondack HS	<b>Bus/Driver:</b> South Lewis Central School	<b>Departure Point:</b> Track <b>Departure Time:</b> 7:30 AM	NL

Date: 2024-05-20