



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 17, 2016	Sat	Regular Season	@ East Syracuse Minoa	9:00 AM		Pine Grove Middle School Main Gym	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:30 AM	NL
Sep 20, 2016	Tue	Regular Season	TBD	4:30 PM		South Lewis Cross Country Course			NL
Sep 24, 2016	Sat	Regular Season	@ TBD	9:00 AM		Utica Proctor Park	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:45 AM	NL
Sep 27, 2016	Tue	Regular Season	@ Sandy Creek	4:30 PM		Sandy Creek MS/HS	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 2:45 PM	NL
Oct 4, 2016	Tue	Regular Season	Carthage, Beaver River	4:30 PM		South Lewis Cross Country Course			NL
Oct 8, 2016	Sat	Regular Season	@ Rome Free Academy	12:00 PM		TBD	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 9:45 AM	NL
Oct 11, 2016	Tue	Regular Season	Watertown @ South Jefferson	4:30 PM		SJ HS/MS - Cross Country Course			NL
Oct 15, 2016	Sat	Regular Season	@ Tully	9:40 AM		Tully H S	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:00 AM	NL
Oct 18, 2016	Tue	Regular Season	Watertown, South Jefferson, Beaver River, Sandy Creek @ Carthage	4:30 PM		Carthage High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 2:45 PM	L
Oct 29, 2016	Sat	Regular Season	@ Adirondack	9:15 AM		Adirondack HS	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 7:00 AM	NL

Date: 2026-01-25