



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, 2019	Tue	Regular Season	Carthage @ Beaver River	4:30 PM		Beaver River H S	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 3:15 PM	L
Sep 24, 2019	Tue	Regular Season	Sandy Creek	5:00 PM		South Lewis Cross Country Course			L
Sep 28, 2019	Sat	Regular Season (EJ Herrmann Invitational @ Proctor Park)	@ TBD	9:15 AM		Utica Proctor Park	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:30 AM	NL
Oct 1, 2019	Tue	Regular Season	Indian River, South Jefferson	4:30 PM		South Lewis Cross Country Course			L
Oct 5, 2019	Sat	Regular Season (Tully Invitational)	@ TBD	9:00 AM		Tully High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 6:00 AM	NL
Oct 8, 2019	Tue	Regular Season	@ Watertown	4:30 PM		Watertown H S	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 2:45 PM	L
Oct 12, 2019	Sat	Regular Season (Invitational @ RFA)	@ TBD	12:00 PM		RFA Staley Elementary School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 9:30 AM	NL
Oct 15, 2019	Tue	Regular Season (LEAGUE CHAMPIONSHIPS)	Sandy Creek, South Jefferson, Carthage, Beaver River, Watertown @ Indian River	3:30 PM		Indian River M.S. Cross Country Course	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 12:30 PM	L
Oct 26, 2019	Sat	Regular Season (Adirondack Invitational)	@ TBD	9:00 AM		Adirondack High School	Bus/Driver: South Lewis	Departure Point: Back Ramp Departure Time: 7:00 AM	NL

Date: 2026-01-25