



# 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 15, 2021	Wed	Regular Season	Beaver River	4:30 PM		South Lewis Cross Country Course			L
Sep 21, 2021	Tue	Regular Season	Carthage @ Thousand Islands	4:30 PM		Thousand Islands High School	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 2:15 PM	L
Sep 25, 2021	Sat	Regular Season	@ Utica Proctor (JFK/DMS)	9:00 AM		Proctor Park	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Back Ramp <b>Departure Time:</b> 6:30 AM	NL
Sep 28, 2021	Tue	Regular Season	Indian River @ Sandy Creek	4:30 PM		Sandy Creek MS/HS	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 2:30 PM	L
Oct 2, 2021	Sat	Regular Season	@ Tully	9:00 AM		Tully XC Course	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Back Ramp <b>Departure Time:</b> 6:00 AM	NL
Oct 5, 2021	Tue	Regular Season	South Jefferson, Watertown	5:00 PM		South Lewis Cross Country Course			L
Oct 12, 2021	Tue	Regular Season (League Championships)	Indian River, Carthage, Beaver River, Thousand Islands, South Jefferson, Sandy Creek @ Watertown	3:15 PM		Watertown H S	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 1:15 PM	L
Oct 16, 2021	Sat	Regular Season	@ Adirondack	9:00 AM	1:30 PM	Adirondack HS	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Back Ramp <b>Departure Time:</b> 7:00 AM	NL

Date: 2025-12-06