



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, 2025 | Sat | Regular Season (QBY Invy) | Christian Brothers Academy, Albany, Shaker High School, Schenectady High School (Modified), Amsterdam, Greenville, Hudson Falls @ Queensbury | 8:00 AM | | Queensbury HS, Trails @ Elem. School | | | L |
| Sep 16, 2025 | Tue | Regular Season | South Jefferson @ Indian River | 5:00 PM | 6:00 PM | Indian River M.S. Cross Country Course | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 2:50 PM | L |
| Sep 20, 2025 | Sat | Regular Season | @ TBD | 9:15 AM | 6:30 PM | Bville - Durgee Cross Country Trail | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 6:00 AM | NL |
| Sep 23, 2025 | Tue | Regular Season | Watertown, Carthage | 5:00 PM | | South Lewis Cross Country Course | | | L |
| Sep 30, 2025 | Tue | Regular Season | Sandy Creek @ Thousand Islands | 4:30 PM | | Thousand Islands High School | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 2:50 PM | L |
| Oct 4, 2025 | Sat | Meet (Tully XC Invite - JH) | Vs. Multiple | 9:00 AM | 2:00 PM | Tully XC Course | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 6:00 AM | NL |
| Oct 7, 2025 | Tue | Regular Season | General Brown @ Beaver River | 5:00 PM | | Beaver River H S | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 3:00 PM | L |
| Oct 14, 2025 | Tue | Regular Season (Frontier League Championship) | Watertown, Sandy Creek, Thousand Islands, Indian River, General Brown, South Jefferson, Carthage @ Beaver River | 3:00 PM | 6:30 PM | Beaver River H S | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 2:00 PM | L |
| Oct 18, 2025 | Sat | Regular Season | @ Vernon-Verona-Sherrill | 9:00 AM | | Cross Country Course | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 6:00 AM | NL |
| Nov 1, 2025 | Sat | Regular Season | @ Adirondack | 8:15 AM | | Adirondack HS | Bus/Driver: South Lewis | Departure Point: Track Departure Time: 7:00 AM | NL |

Date: 2025-12-08

