



# South Lewis

## (B) V Cross Country

### Coaches:

- Jack Bernard, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season	@ Mount Markham	8:00 AM		HS Track	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 5:30 AM	NL
Sep 14, 2024	Sat	Regular Season (Overnight)	@ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Date:</b> Sep 13, 2024 <b>Departure Time:</b> 3:00 PM	NL
Sep 17, 2024	Tue	Regular Season	General Brown @ Thousand Islands	5:00 PM		Thousand Islands High School	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 3:00 PM	L
Sep 21, 2024	Sat	Regular Season	@ TBD	10:00 AM	6:30 PM	Bville - Durgess Cross Country Trail	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 6:00 AM	NL
Sep 24, 2024	Tue	Regular Season	Carthage @ Sandy Creek	4:30 PM	6:00 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 1, 2024	Tue	Regular Season	Watertown @ South Jefferson	5:00 PM		SJ HS/MS - Cross Country Course	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 3:00 PM	L
Oct 12, 2024	Sat	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM		Cross Country Course	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 6:30 AM	NL
Oct 15, 2024	Tue	Regular Season	South Jefferson, Beaver River, Watertown, Sandy Creek, Indian River, General Brown, Thousand Islands @ Carthage	3:30 PM		Carthage High School	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 2:00 PM	L
Oct 19, 2024	Sat	Regular Season	@ Beaver River	10:00 AM		Beaver River H S	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 7:00 AM	NL
Nov 9, 2024	Sat	Post-Season	@ Mount Markham	10:00 AM		HS Track	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Time:</b> 7:00 AM	NL
Nov 16, 2024	Sat	Post-Season	@ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Bus/Driver:</b> South Lewis	<b>Departure Point:</b> Track <b>Departure Date:</b> Nov 15, 2024 <b>Departure Time:</b> 3:00 PM	NL

Date: 2024-08-19