



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, 2024	Tue	Regular Season	TBD @ Thousand Islands	5:00 PM		Thousand Islands High School	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	L
Sep 21, 2024	Sat	Regular Season	@ TBD	10:00 AM	6:30 PM	Bville - Durgee Cross Country Trail	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:00 AM	NL
Sep 24, 2024	Tue	Regular Season	Carthage @ Sandy Creek	5:00 PM	5:30 PM	Sandy Creek MS/HS	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 2:30 PM	L
Sep 28, 2024	Sat	Regular Season	@ Utica Proctor (JFK/DMS)	9:30 AM		Proctor Park	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 6:30 AM	L
Oct 1, 2024	Tue	Regular Season	Watertown @ South Jefferson	5:00 PM		SJ HS/MS - Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 3:00 PM	L
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Utica Proctor (JFK/DMS), Remsen (Remsen/Town of Webb) @ Vernon-Verona-Sherrill	8:45 AM		Cross Country Course			L
Oct 12, 2024	Sat	Regular Season	@ TBD	9:00 AM		Cross Country Course	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 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	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 2:00 PM	L
Oct 19, 2024	Sat	Regular Season (Invitational)	Notre Dame, Utica, Phoenix @ Beaver River	9:00 AM	6:30 PM	Beaver River H S			L
Nov 2, 2024	Sat	Regular Season	@ Adirondack	9:30 AM		Adirondack HS	Bus/Driver: South Lewis	Departure Point: Track Departure Time: 7:00 AM	NL

Date: 2024-09-18