



Corning-Painted Post

(G) V Cross Country

Coaches:

- Ray Lawson, Head Coach
- Tom Ketchum, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2019	Sat	Regular Season (Elmira College Invite)	@ TBD	9:00 AM		Murray Athletic Center "The Domes"			NL
Sep 6, 2019	Fri	Regular Season (Cole Park Meet)	@ TBD	TBD		Nathaniel Cole Park			L
Sep 14, 2019	Sat	Regular Season (Owego Invite)	@ TBD	9:00 AM		Owego Free Academy			L
Sep 17, 2019	Tue	Regular Season (West Division Championship)	@ TBD	4:30 PM		TBD	Class Dismissal: 2:50 PM	Departure Point: Stadium Departure Time: 3:00 PM	L
Sep 21, 2019	Sat	Regular Season (Pre-State Invite)	@ TBD	12:00 AM		SUNY Plattsburg			L
Sep 28, 2019	Sat	Regular Season (McQuaid Invite)	@ TBD	12:00 AM		TBD			NL
Oct 4, 2019	Fri	Regular Season (Stocke/Conwicke Invite)	@ TBD	12:00 AM		Ann G McGuinness Elementary Cross Country Course			NL
Oct 11, 2019	Fri	Regular Season (Newark Valley Invite)	@ TBD	12:00 AM		TBD			NL
Oct 11, 2019	Fri	Regular Season (Bob Greene Invitational)	TBD, Athens, Blue Ridge, Chenango Valley, Delaware Academy, Notre Dame, Elmira, Horseheads, Ithaca, Johnson City, Lansing, Port Byron (Port Byron/Union Springs), Seneca Falls, Seton Catholic Central, Southern Cayuga, Tioga, Tully, Vestal, Waverly, West Genesee, Windsor @ Newark Valley	4:00 PM	6:00 PM	Newark Valley High School			NL
Oct 12, 2019	Sat	Regular Season (Manhattan Invite)	@ TBD	12:00 AM		Van Cortlandt Park, NYC			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 19, 2019	Sat	Regular Season (Marathon Invite)	@ TBD	12:00 AM		TBD			NL
Oct 26, 2019	Sat	Regular Season (STAC Championships)	@ TBD	10:00 AM		Ann G McGuinness Elementary Cross Country Course			L
Oct 29, 2019	Tue	Regular Season (STAC Divisional Crossover)	@ TBD	TBD		Murray Athletic Center "The Domes"			L
Nov 7, 2019	Thu	Regular Season (State Qualifier Sectional Championship)	@ TBD	12:00 AM		Chenango Valley State Park			L
Nov 16, 2019	Sat	Regular Season (NYSPHSAA Championship)	@ TBD	TBD		SUNY Plattsburg	Departure Time: 8:00 AM		L
Nov 30, 2019	Sat	Regular Season (Nike XC National NY-NE Regionals)	@ TBD	12:00 AM		Bowdoin Park, Poughkeepsie			L

Date: 2026-01-03