



# 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
Sep 3, 2022	Sat	Regular Season (Corning XC Relays @ Watson Homestead, Painted Post)	Elmira	TBD		Watson Homestead, Painted Post, NY			L
Sep 10, 2022	Sat	Regular Season (Invite V-V-S)	@ Vernon-Verona-Sherrill	2:30 PM		Cross Country Course	<b>Bus/Driver:</b> 1 Bus needed	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Sep 10, 2022 <b>Departure Time:</b> 9:45 AM	NL
Sep 17, 2022	Sat	Regular Season (McDaniel-Baxter Invite)	@ Chenango Valley	TBD		CV - HS Rock Pile Field	<b>Bus/Driver:</b> 1 Bus needed	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Sep 17, 2022 <b>Departure Time:</b> 7:00 AM	NL
Sep 20, 2022	Tue	Regular Season (West Division Championship)	@ TBD	TBD		Park Station, Erin, NY	<b>Bus/Driver:</b> 2 Busses needed <b>Class Dismissal:</b> 2:50 PM	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Sep 20, 2022 <b>Departure Time:</b> 3:00 PM	NL
Sep 24, 2022	Sat	Regular Season (Owego Invite)	@ Owego Apalachin	9:00 AM	1:15 PM	Owego Free Academy	<b>Bus/Driver:</b> 1 Bus needed	<b>Departure Point:</b> Stadium <b>Departure Time:</b> 7:00 AM	L
Sep 24, 2022	Sat	Regular Season (Bowdoin Classic)	@ TBD	TBD		Bowdoin Park, Poughkeepsie	<b>Bus/Driver:</b> 1 Bus needed	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Sep 23, 2022 <b>Departure Time:</b> 11:00 AM	NL
Oct 1, 2022	Sat	Regular Season (McQuaid Invite)	@ TBD	TBD		Genesee Valley State Park	<b>Bus/Driver:</b> 2 Busses needed	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Oct 1, 2022 <b>Departure Time:</b> 10:30 AM	NL
Oct 6, 2022	Thu	Regular Season (Bob Greene Invite)	@ TBD	TBD		Newark Valley HS	<b>Bus/Driver:</b> 1 Bus needed <b>Class Dismissal:</b> 1:35 PM	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Oct 6, 2022 <b>Departure Time:</b> 1:45 PM	NL
Oct 8, 2022	Sat	Regular Season (Manhattan College Invite)	@ TBD	TBD		Van Cortlandt Park, NYC	<b>Bus/Driver:</b> 1 Bus needed <b>Class Dismissal:</b> 9:50 AM	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Oct 7, 2022 <b>Departure Time:</b> 10:00 AM	NL
Oct 15, 2022	Sat	Regular Season (Marathon Invite)	@ TBD	TBD		Marathon Appleby Elementary	<b>Bus/Driver:</b> 1 Bus needed	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Oct 15, 2022 <b>Departure Time:</b> 7:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 22, 2022	Sat	Regular Season (STAC )	Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Maine- Endwell, Union- Endicott, TBD, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM	2:00 PM	Owego Free Academy	<b>Bus/Driver:</b> 2 Buses needed	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Oct 22, 2022 <b>Departure Time:</b> 8:00 AM	L
Nov 1, 2022	Tue	Regular Season (Practice on State Qualifiers Course)	@ TBD	TBD		Chenango Valley State Park	<b>Bus/Driver:</b> 1 Bus needed <b>Class</b> <b>Dismissal:</b> 2:05 PM	<b>Departure Point:</b> Stadium <b>Departure Time:</b> 2:15 PM	NL
Nov 3, 2022	Thu	Regular Season (State Q's)	@ TBD	TBD		Chenango Valley State Park	<b>Bus/Driver:</b> 1 Bus needed <b>Class</b> <b>Dismissal:</b> 8:35 AM	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Nov 3, 2022 <b>Departure Time:</b> 8:45 AM	NL
Nov 12, 2022	Sat	Regular Season (State Championship)	@ TBD	TBD		Cross Country Course	<b>Bus/Driver:</b> 1 Bus needed <b>Class</b> <b>Dismissal:</b> 9:50 AM	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Nov 11, 2022 <b>Departure Time:</b> 10:00 AM	NL
Nov 26, 2022	Sat	Regular Season (NXR NY Nike Regionals)	@ TBD	TBD		Bowdoin Park, Poughkeepsie	<b>Bus/Driver:</b> 1 Bus needed	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Nov 25, 2022 <b>Departure Time:</b> 10:30 AM	NL
Dec 3, 2022	Sat	Regular Season (NXN Nike Nationals)	@ TBD	TBD		Portland, Oregon/Glendover Golf Course	<b>Bus/Driver:</b> Provided by Nike		NL

Date: 2025-12-15