



# 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 2, 2023	Sat	Regular Season (XC Relays - The Y at Watson Homestead)	Horseheads, Spencer-Van Etten (S-VE Panthers), Notre Dame, Elmira, TBD	9:50 AM		Watson Homestead, Painted Post, NY			L
Sep 9, 2023	Sat	Regular Season (Crusader Clash)	Elmira, Waverly, Bath, Watkins Glen, Elmira Heights @ Notre Dame, Elmira	8:30 AM		Murray Athletic Center "The Domes"	<b>Bus/Driver:</b> 2 Buses needed	<b>Departure Point:</b> Stadium <b>Departure Time:</b> 7:30 AM	L
Sep 16, 2023	Sat	Regular Season (Vernon-Verona-Sherrill Invite)	@ TBD	TBD		Cross Country Course		<b>Departure Point:</b> Stadium <b>Departure Time:</b> 6:15 AM	L
Sep 16, 2023	Sat	Regular Season (McDaniel Baxter Invitational Meet)	@ TBD	TBD		Chenango Valley HS-Warrior Stadium		<b>Departure Point:</b> Stadium <b>Departure Time:</b> 7:00 AM	L
Sep 23, 2023	Sat	Regular Season (Owego Invite - JV Runners)	@ TBD	TBD		Owego Free Academy		<b>Departure Point:</b> Stadium <b>Departure Time:</b> 7:15 AM	L
Sep 23, 2023	Sat	Regular Season (Bowdoin Classic - Top 12 Boys and Girls)	@ TBD	TBD		Bowdoin Park, Poughkeepsie	<b>Bus/Driver:</b> Leave Friday <b>Class Dismissal:</b> 1:30 PM	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Sep 22, 2023 <b>Departure Time:</b> 1:40 PM	L
Sep 30, 2023	Sat	Regular Season (McQuaid Invite)	@ TBD	TBD		Genesee Valley State Park		<b>Departure Point:</b> Stadium <b>Departure Time:</b> 10:30 AM	L
Oct 6, 2023	Fri	Regular Season (Bob Greene Invite)	@ TBD	TBD		Newark Valley High School	<b>Class Dismissal:</b> 1:20 PM	<b>Departure Point:</b> Stadium <b>Departure Time:</b> 1:30 PM	L
Oct 14, 2023	Sat	Regular Season (Marathon Invite - JV Runners)	@ TBD	TBD		Appleby E S		<b>Departure Point:</b> Stadium <b>Departure Time:</b> 7:00 AM	L
Oct 14, 2023	Sat	Regular Season (Manhattan College Invite - Top 12 Boys and Girls)	@ TBD	TBD		Van Cortlandt Park, NYC	<b>Bus/Driver:</b> Leave Friday <b>Class Dismissal:</b> 9:50 AM	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Oct 13, 2023 <b>Departure Time:</b> 10:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 21, 2023	Sat	Regular Season (STAC Championship - Top 20 Boys and Girls)	@ TBD	TBD		Ann G McGuinness Elementary Cross Country Course		<b>Departure Point:</b> Stadium <b>Departure Time:</b> 7:15 AM	L
Nov 2, 2023	Thu	Regular Season (State Qualifier Meet - Top 10 Boys and Girls)	@ TBD	TBD		Chenango Valley State Park		<b>Departure Point:</b> Stadium <b>Departure Time:</b> 8:30 AM	L
Nov 11, 2023	Sat	Regular Season (NYS Championship - Qualifiers ONLY )	@ TBD	TBD		Cross Country Course	<b>Bus/Driver:</b> Leave Friday	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Nov 10, 2023 <b>Departure Time:</b> 10:00 AM	L
Nov 25, 2023	Sat	Regular Season (Nike NY Regionals - Top 12 Boys and Girls)	@ TBD	TBD		TBD	<b>Bus/Driver:</b> Leave Friday <b>Class Dismissal:</b> 9:50 AM	<b>Departure Point:</b> Stadium <b>Departure Date:</b> Nov 24, 2023 <b>Departure Time:</b> 10:00 AM	L
Dec 2, 2023	Sat	Regular Season (Nike Cross Nationals - Qualifiers Only)	@ TBD	TBD		TBD	<b>Bus/Driver:</b> No transportation needed through the district..This is paid for through Nike.		L

Date: 2026-01-16