



Corning-Painted Post (B) 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"		Departure Point: Stadium Departure Time: 7:30 AM	NL
Sep 6, 2019	Fri	Regular Season (Cole Park Meet)	@ TBD	TBD		Nathaniel Cole Park	Class Dismissal: 2:35 PM	Departure Point: Stadium Departure Time: 2:45 PM	NL
Sep 14, 2019	Sat	Regular Season (Owego Invite)	@ TBD	9:00 AM		Owego Free Academy		Departure Point: Stadium Departure Time: 7:00 AM	L
Sep 17, 2019	Tue	Regular Season (West Division Championship)	@ TBD	4:30 PM		Elmira College	Class Dismissal: 2:50 PM	Departure Point: Stadium Departure Time: 3:30 PM	L
Sep 21, 2019	Sat	Regular Season (Pre-State Invite)	@ TBD	TBD		SUNY Plattsburg		Departure Point: Stadium Departure Time: 10:00 AM	L
Sep 28, 2019	Sat	Regular Season (McQuaid Invite)	@ TBD	TBD		TBD		Departure Point: Stadium Departure Time: 11:30 AM	NL
Oct 4, 2019	Fri	Regular Season (Stocke/Conwicke Invite)	@ TBD	TBD		Ann G McGuinness Elementary Cross Country Course	Class Dismissal: 1:50 PM	Departure Point: Stadium Departure Time: 2:00 PM	NL
Oct 11, 2019	Fri	Regular Season (Bob Greene Invitational)	Athens, Blue Ridge, Chenango Valley, Delaware Academy, Elk Lake, Notre Dame, Elmira, Ithaca, Johnson City, Lansing, Port Byron (Port Byron/Union Springs), Seneca Falls, Seton Catholic Central, Southern Cayuga, Tioga, Tully, West Genesee, Windsor, Horseheads @ Newark Valley	4:00 PM	6:00 PM	Newark Valley High School			NL

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Oct 11, 2019	Fri	Regular Season (Newark Valley Invite)	@ TBD	TBD		Newark Valley High School	Class Dismissal: 1:15 PM	Departure Point: Stadium Departure Time: 1:30 PM	NL
Oct 12, 2019	Sat	Regular Season (Manhattan Invite)	@ TBD	TBD		Van Cortlandt Park, NYC		Departure Point: Stadium Departure Time: 10:00 AM	L
Oct 19, 2019	Sat	Regular Season (Marathon Invite)	@ TBD	TBD		Appleby E S		Departure Point: Stadium Departure Time: 7:00 AM	NL
Oct 26, 2019	Sat	Regular Season (STAC Championships)	@ TBD	10:30 AM		Ann G McGuinness Elementary Cross Country Course		Departure Point: Stadium Departure Time: 7:00 AM	L
Oct 29, 2019	Tue	Regular Season (STAC Divisional Crossover)	@ TBD	TBD		Murray Athletic Center "The Domes"	Class Dismissal: 2:15 PM	Departure Point: Stadium Departure Time: 2:30 PM	L
Nov 5, 2019	Tue	Regular Season (Pre-meet Practice for Sectionals)	@ TBD	TBD	6:30 PM	Chenango Valley State Park	Class Dismissal: 1:30 PM	Departure Point: Stadium Departure Time: 1:40 PM	NL
Nov 7, 2019	Thu	Regular Season (State Qualifier Sectional Championship)	@ TBD	TBD		Chenango Valley State Park	Class Dismissal: 8:50 AM	Departure Point: Stadium Departure Time: 8:30 AM	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	TBD		Bowdoin Park, Poughkeepsie	Class Dismissal: 10:50 AM	Departure Time: 11:00 AM	L

Date: 2026-06-12