

## Coaches:

• Eric Adolf, Head Coach

| DATE         | WEEK<br>DAY | ТҮРЕ   | OPPONENTS  | START<br>TIME | END<br>TIME | LOCATION   | TRANSPORTATION  | LEAGUE<br>/ NON-<br>LEAGUE |
|--------------|-------------|--|--|---------------|-------------|--|---|----------------------------|
| Sep 9, 2023  | Sat         | Regular Season<br>(Elmira Notre Dame<br>Crusader Clash<br>Cross Country<br>Invitational)     | @ TBD  | 8:30<br>AM    |             | Murray Athletic<br>Center                                    | Departure Point:<br>HS<br>Departure Time:<br>7:15 AM  | L                          |
| Sep 9, 2023  | Sat         | Regular Season<br>(Crusader Clash @<br>EC Domes)   | Elmira, Waverly,<br>Corning-Painted<br>Post, Bath, Elmira<br>Heights, Watkins<br>Glen, Hornell,<br>Tioga @ Notre<br>Dame, Elmira | 8:30<br>AM    |             | Murray Athletic<br>Center                                    | <b>Departure Time:</b><br>7:15 AM   | L                          |
| Sep 16, 2023 | Sat         | Regular Season<br>(55th Annual<br>McDaniel-Baxter<br>Cross Country<br>Invitational)          | @ TBD  | 9:00<br>AM    |             | Chenango Valley<br>HS  | Departure Point:<br>HS<br>Departure Time:<br>8:30 AM  | L                          |
| Sep 23, 2023 | Sat         | Regular Season<br>(Owego Cross<br>country Invitational<br>2023)                              | @ TBD  | 9:00<br>AM    |             | Owego Free<br>Academy  | Departure Point:<br>HS<br>Departure Time:<br>8:00 AM  | L                          |
| Sep 30, 2023 | Sat         | Regular Season<br>(58th Annual<br>McQuaid<br>Invitational)                                   | @ TBD  | 9:00<br>AM    |             | Genesee Valley<br>Park - Rochester                           | <b>Departure Point:</b><br>HS   | L                          |
| Oct 6, 2023  | Fri         | Regular Season<br>(40th Annual<br>Newark Valley/Bob<br>Greene Cross<br>Country Invitational) | @ TBD  | 3:45<br>PM    |             | Newark Valley<br>High School                                 | Departure Point:<br>HS<br>Departure Time:<br>3:00 PM  | L                          |
| Oct 14, 2023 | Sat         | Regular Season<br>(Marathon<br>Invitational)   | @ TBD  | 9:15<br>AM    |             | Appleby<br>Elementary<br>School                              | Departure Point: HS Departure Time: 7:30 AM Return Date: Return Time: 2:00 PM   | L                          |
| Oct 17, 2023 | Tue         | Regular Season<br>(Whitney Point<br>Inmvitational)   | @ TBD  | 4:30<br>PM    |             | WP Cross<br>Country Course                                   | <b>Departure Point:</b><br>HS   | L                          |
| Oct 21, 2023 | Sat         | Regular Season<br>(STAC<br>Championship)   | @ TBD  | TBD           |             | Ann G<br>McGuinness<br>Elementary<br>Cross Country<br>Course | Departure Point: HS Departure Date: Oct 21, 2023 Departure Time: 9:00 AM Return Date: Return Time: 2:00 PM                          | L                          |
| Oct 24, 2023 | Tue         | Regular Season<br>(Dash in the Dark)   | @ TBD  | 6:30<br>PM    | 7:00<br>PM  | OFA Stadium  | Departure Point:<br>HS Departure Date:<br>Oct 24, 2023 Departure Time:<br>4:30 PM Return Date: Oct<br>24, 2023 Return Time: 8:00 PM | NL                         |

| DATE        | WEEK<br>DAY TYPE                  | OPPONENTS | STAR <sup>1</sup><br>TIME | T END<br>TIME | LOCATION                      | TRANSPORTATION  | LEAGUE<br>/ NON-<br>LEAGUE |
|-------------|-----------------------------------|-----------|---------------------------|---------------|-------------------------------|---|----------------------------|
| Nov 2, 2023 | Post-Se<br>Thu (Sectior<br>Champi | al @ TBD  | 10:00<br>AM               | 2:00<br>PM    | Chenango Valley<br>State Park | Departure Point: HS Departure Date: Nov 2, 2023 Departure Time: 8:30 AM Return Date: Nov 2, 2023 Return Time: 2:30 PM | NL                         |

Date: 2024-04-27