



Lansing

(B) V Cross Country

Coaches:

- Mia Cote, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2022	Tue	Regular Season	Candor (Candor), Dryden, Moravia @ Whitney Point	5:00 PM		WP Cross Country Course		Departure Point: LHS Departure Time: 3:00 PM	L
Sep 10, 2022	Sat	Regular Season (VVS (Pre-State) Invite)	TBD	TBD		TBD	Bus/Driver: Trip # 22001	Departure Point: LHS Departure Time: 7:45 AM Return Date: Return Time: 2:00 PM	NL
Sep 13, 2022	Tue	Regular Season	Watkins Glen, Groton, Dryden @ Trumansburg	5:00 PM	7:00 PM	Stadium Field	Bus/Driver: Trip # 20912	Departure Point: LHS Departure Time: 3:15 PM	L
Sep 20, 2022	Tue	Regular Season	Marathon, Moravia, Southern Cayuga @ Whitney Point	5:00 PM		WP Cross Country Course	Bus/Driver: Trip # 22011	Departure Point: LHS Departure Time: 3:15 PM	L
Sep 24, 2022	Sat	Regular Season (Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail	Bus/Driver: Trip #22040	Departure Point: LHS Departure Time: 7:45 AM	NL
Sep 27, 2022	Tue	Regular Season	Dryden, Watkins Glen @ Trumansburg	5:00 PM	8:00 PM	Stadium Field	Bus/Driver: Trip # 22049	Departure Point: LHS Departure Time: 3:15 PM	L
Oct 1, 2022	Sat	Regular Season (Invitational)	@ Genesee Valley	TBD		Genesee Valley Park	Bus/Driver: Trip # 22048	Departure Point: LHS Departure Time: 6:30 AM	NL
Oct 4, 2022	Tue	Regular Season	Dryden, Marathon, Moravia, Southern Cayuga, Trumansburg, Whitney Point @ Groton	4:30 PM		Stone Hedges Golf Course	Bus/Driver: Trip # 22057	Departure Point: LHS Departure Time: 3:00 PM	L
Oct 15, 2022	Sat	Regular Season (Invitational)	@ Marathon	TBD		Appleby ES	Bus/Driver: Trip # 22084	Departure Point: LHS Departure Time: 7:30 AM	L
Oct 28, 2022	Fri	Regular Season (IAC Championships)	@ Marathon	4:00 PM		Appleby ES	Bus/Driver: Trip # 22105 Class Dismissal: 1:50 PM	Departure Point: LHS Departure Time: 2:00 PM	L
Nov 11, 2022	Fri	Practice (States Course Preview)	N/A	TBD		Vernon-Verona-Sherrill HS-XC Course	Bus/Driver: Trip # 22129 Class Dismissal: 11:20 AM	Departure Point: LHS Departure Time: 11:30 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 12, 2022	Sat	Post-Season (State Championships)	TBD	TBD		Cross Country Course	Bus/Driver: Trip # 22130	Departure Point: LHS Departure Time: 7:00 AM	NL

Date: 2026-04-01