

## Coaches:

• RICK RUTHERFORD

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2022	Sat	Meet (Dave "Flash" Forbes Invite)	Vs. Multiple	TBD		Fortin Park	Departure Point: High School Departure Time: 7:15 AM Return Date: Return Time: 1:00 PM	NL
Sep 17, 2022	Sat	Meet (McDaniel/Baxter Invite)	Vs. Multiple	TBD		CV - HS Rock Pile Field	Departure Point: High School Departure Time: 7:15 AM Return Date: Return Time: 12:00 PM	NL
Sep 24, 2022	Sat	Meet (Owego Invite)	Vs. Multiple	TBD		Owego Free Academy		NL
Sep 30, 2022	Fri	Regular Season (Maine-Endwell Invitational)	Gilbertsville-Mount Upton (UV/GMU)	9:00 AM		Maine Memorial ES		NL
Sep 30, 2022	Fri	Regular Season	Unadilla Valley (UV/GMU)	TBD		Maine Memorial ES		L
Sep 30, 2022	Fri	Meet (Pete Matzke Invite)	Vs. Multiple	TBD		Maine Memorial ES	Departure Point: High School Departure Time: 2:30 PM Return Date: Return Time: 3:30 PM	NL
Oct 4, 2022	Tue	Meet (Metro Division Champtionship)	Vs. Multiple	TBD		Maine Memorial ES	Departure Point: High School Departure Time: 2:30 PM Return Date: Return Time: 3:15 PM	NL
Oct 6, 2022	Thu	Regular Season (Bob Green Invitational)	Notre Dame, Elmira, TBD, Chenango Valley, Horseheads, Moravia, Seton Catholic Central, Susquehanna Valley, Waverly, Elk Lake, Owego Apalachin, Tioga @ Newark Valley	3:45 PM	6:30 PM	Newark Valley High School		L
Oct 6, 2022	Thu	Meet (Newark Valley Invitational)	Vs. Multiple	TBD		Newark Valley High School	Departure Point: High School Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	NL
Oct 15, 2022	Sat	Meet (Marathon Invite)	Vs. Multiple	9:00 AM		Appleby E S	Departure Point: High School Departure Time: 7:15 AM Return Date: Return Time: 1:00 PM	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START EN	ID ME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 22, 2022	Sat	Regular Season (STAC)	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Union- Endicott, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin	11:00 AM	Owego Free Academy		L
Oct 22, 2022	Sat	Meet (STAC Championships)	Vs. Multiple	TBD	Owego Free Academy	Departure Point: High School Departure Time: 7:15 AM Return Date: Return Time: 12:00 PM	NL
Nov 3, 2022	Thu	Meet (State Qualifier)	Vs. Multiple	TBD	TBD	Departure Point: High School Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM	NL
Nov 12, 2022	Sat	Meet (State Championships)	Vs. Multiple	TBD	Cross Country Course		NL

Date: 2025-12-20