| DATE | WEEK | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|------|--|--|---------------|-------------|------------------------------------|--------------------|--|----------------------------|
| Sep 6, 2022 | Tue | Regular Season | Dryden, Lansing, Moravia @ Whitney Point | 5:00 PM | | WP Cross Country Course | | | L |
| Sep 13, 2022 | Tue | Regular Season (At Newtown Battlefield) | Notre Dame, Elmira, Newark Valley, Tioga, Waverly @ Elmira Heights | 5:00 PM | | Newtown Battlefield | | | L |
| Oct 4, 2022 | Tue | Regular Season (IAC DIVISIONAL MEET) | Elmira Heights, Candor (Candor), Notre Dame, Elmira, Tioga, Watkins Glen, Waverly @ Newark Valley | 4:00 PM | | Newark Valley High School | | | L |
| Oct 20, 2022 | Thu | Regular Season | Lansing, Dryden, Elmira Heights, Groton, Marathon, Moravia, Newark Valley, Tioga, Union Springs (Port Byron/Union Springs), Watkins Glen, Waverly, Whitney Point, Southern Cayuga @ Trumansburg | | 7:00 PM | Stadium Field | Bus/Driver: SVE | Departure Point: SVE MS Departure Time: 3:30 PM | L |

Date: 2024-05-08