



# Susquehanna Valley

## (G) V Cross Country

### Coaches:

- Grace Tabeek, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2022	Sat	Regular Season (McDaniel/Baxter Invite at CV HS)	@ TBD	9:00 AM	1:00 PM	TBD	<b>Departure Point:</b> Athletic Wing <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 1:30 PM	NL
Sep 21, 2022	Wed	Regular Season (Conwicke/Stock Invite @UE (Ann McGuinness Elementary))	@ TBD	TBD		Ann G McGuinness Elementary Cross Country Course	<b>Departure Point:</b> Athletic Wing <b>Departure Date:</b> Sep 21, 2022 <b>Departure Time:</b> 2:30 PM	NL
Sep 30, 2022	Fri	Regular Season (Pete Matzke Invite @ME (Maine Memorial Elementary))	@ TBD	TBD		Maine Memorial ES	<b>Departure Point:</b> Athletic Wing <b>Departure Date:</b> Sep 30, 2022 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
Oct 6, 2022	Thu	Regular Season (NV/Bob Greene Invitational at Newark Valley HS)	@ TBD	4:00 PM	7:00 PM	Newark Valley High School	<b>Departure Point:</b> Athletic Wing <b>Departure Time:</b> 2:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Oct 11, 2022	Tue	Regular Season (STAC East Division Championship)	Oneonta, Windsor @ Norwich	4:30 PM	6:30 PM	NHS Hallways	<b>Departure Point:</b> Athletic Wing <b>Departure Date:</b> Oct 11, 2022 <b>Departure Time:</b> 2:45 PM	L
Oct 15, 2022	Sat	Regular Season (Marathon Invite @Appleby Elementary School)	@ TBD	8:30 AM	1:00 PM	Appleby E S	<b>Departure Point:</b> Athletic Wing <b>Departure Time:</b> 7:15 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	L
Oct 22, 2022	Sat	Regular Season (STAC )	Corning-Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Maine-Endwell, Union-Endicott, TBD, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Windsor @ Owego Apalachin	11:00 AM	2:00 PM	Owego Free Academy	<b>Departure Point:</b> Athletic Wing <b>Departure Date:</b> Oct 22, 2022 <b>Departure Time:</b> 7:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 25, 2022	Tue	Regular Season (EXTRA meet at Owego HS)	@ TBD	4:00 PM	6:00 PM	TBD	<b>Departure Point:</b> Athletic Wing <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Nov 3, 2022	Thu	Post-Season (2022 Section IV Championships at CV State Park)	@ TBD	TBD		Chenango Valley State Park		NL

Date: 2024-04-29