



# Susquehanna Valley

## (G) V Cross Country

### Coaches:

- Grace Tabeek, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2025	Sat	Regular Season (Oneonta Meet at Fortin Park, Oneonta)	@ TBD	9:00 AM	2:00 PM	Fortin Park			NL
							<b>Departure Point:</b> Athletic Wing		
							<b>Departure Time:</b> 7:30 AM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 3:00 PM		
Sep 13, 2025	Sat	Regular Season (Stock Conwicke Meet, Arnold Park in Vestal)	@ TBD	10:00 AM	3:00 PM	Arnold Park			L
							<b>Departure Point:</b> Athletic Wing		
							<b>Departure Time:</b> 8:30 AM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 3:30 PM		
Sep 19, 2025	Fri	Regular Season (Owego Night Meet at Owego HS)	@ TBD	5:30 PM	9:00 PM	Owego Free Academy			NL
							<b>Departure Point:</b> Athletic Wing		
							<b>Departure Time:</b> 4:00 PM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 9:45 PM		
Sep 26, 2025	Fri	Regular Season (Pete Matzke Invite @ME (Maine Memorial Elementary))	@ TBD	4:00 PM	8:00 PM	Maine Memorial ES			L
							<b>Departure Point:</b> Athletic Wing		
							<b>Departure Time:</b> 2:30 PM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 8:45 PM		
Oct 4, 2025	Sat	Regular Season (McDaniel/Baxter Invite at CV HS)	@ TBD	9:45 AM		TBD			NL
							<b>Departure Point:</b> Athletic Wing		
							<b>Departure Time:</b> 8:00 AM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 2:00 PM		
Oct 10, 2025	Fri	Regular Season (Newark Valley Meet at Newark Valley HS)	@ TBD	3:30 PM	8:00 PM	Newark Valley High School	<b>Class Dismissal:</b> 1:15 PM		NL
							<b>Departure Point:</b> Athletic Wing		
							<b>Departure Time:</b> 1:30 PM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 9:00 PM		
Oct 18, 2025	Sat	Regular Season (Marathon Invite @Appleby Elementary School)	@ TBD	9:00 AM	2:00 PM	Appleby ES	<b>Class Dismissal:</b> 1:15 PM		NL
							<b>Departure Point:</b> Athletic Wing		
							<b>Departure Time:</b> 7:30 AM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 2:00 PM		
Oct 25, 2025	Sat	Regular Season (STAC Championships, Location to be Determined)	@ TBD	9:00 AM	2:00 PM	TBD	<b>Class Dismissal:</b> 1:15 PM		L
							<b>Departure Point:</b> Athletic Wing		
							<b>Departure Time:</b> 7:30 AM		
							<b>Return Date:</b>		
							<b>Return Time:</b> 3:00 PM		

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Nov 6, 2025	Thu	Post-Season (2025 Varsity Boys and Girls Sectionals at CV State Park)	@ TBD	TBD		Chenango Valley State Park	<b>Departure Point:</b> Athletic Wing <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM		NL
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Date: 2025-12-08