

Coaches:

- Dan Bertoni, Head Coach
- Mike Terboss, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 22, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Aug 31, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Sep 1, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Jennie F Snapp Work Out Room			
Sep 3, 2022	Sat	Regular Season (Corning Relays)	Union- Endicott @ TBD	TBD		Watson Homestead, Painted Post	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 7:00 AM Return Date: Return Time: 2:00 PM	L
Sep 6, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 7, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 8, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 9, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			

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Sep 10, 2022	Sat	Regular Season (Flash Forbes Invite)	@ TBD	TBD	1:00 PM	Fortin Park Oneonta	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 7:00 AM Return Date: Return Time: 1:00 PM	L
Sep 12, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 13, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 14, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 15, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 16, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 17, 2022	Sat	Regular Season (McDaniel Baxter Invite)	@ TBD	TBD	2:00 PM	TBD	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 8:00 AM Return Date: Return Time: 2:00 PM	L
Sep 19, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 20, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 21, 2022	Wed	Regular Season (Conwicke Stock)	TBD	TBD	2:00 PM	Ann G McGuinness Elementary Cross Country Course		Departure Point: UEHS Upper Parking Lot Departure Time: 2:45 PM	L
Sep 22, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 23, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 24, 2022	Sat	Regular Season (Owego Invite)	@ TBD	TBD	1:00 PM	OFA Stadium	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 8:00 AM Return Date: Return Time: 1:00 PM	L
Sep 26, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 27, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 28, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 29, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Sep 30, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 1, 2022	Sat	Practice	N/A	TBD	12:00 PM	Ann G McGuinness Elementary Cross Country Course			
Oct 3, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 4, 2022	Tue	Regular Season (Divisional Championship)	@ TBD	TBD	7:00 PM	Maine Memorial ES	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Oct 5, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 6, 2022	Thu	Regular Season (Bob Greene Invite)	@ TBD	TBD	8:00 PM	Newark Valley High School	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM	L
Oct 7, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 8, 2022	Sat	Regular Season (Manhattan College Invite)	@ TBD	TBD	8:00 PM	Van Cortlandt Park, NYC	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 7:30 AM Return Date: Return Time: 8:00 PM	L
Oct 11, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 12, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 13, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 14, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 15, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Ann G McGuinness Elementary Cross Country Course			
Oct 17, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 18, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 19, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 20, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 21, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 22, 2022	Sat	Regular Season (STAC)	Corning- Painted Post, Elmira, Horseheads, Ithaca, Binghamton, Johnson City, Maine- Endwell, Chenango Valley, Seton Catholic Central, Norwich, Oneonta, Susquehanna Valley, Windsor @ Owego Apalachin			Owego Free Academy	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Date: Oct 22, 2022 Departure Time: 9:00 AM Return Date: Return Time: 3:00 PM	L
Oct 24, 2022	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 25, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 26, 2022	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 27, 2022	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 28, 2022	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Fran Angeline Field House			
Oct 29, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Ann G McGuinness Elementary Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 3, 2022	Thu	Regular Season (State Qualifier)	@ TBD	TBD	2:30 PM	Chenango Valley State Park	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Time: 8:00 AM Return Date: Return Time: 2:30 PM	L
Nov 12, 2022	Sat	Regular Season (State Championships)	@ TBD	TBD	2:00 PM	Verona- Sherill HS	Bus/Driver: DB1	Departure Point: UEHS Upper Parking Lot Departure Date: Nov 11, 2022 Departure Time: 12:00 PM Return Date: Nov 12, 2022 Return Time: 2:00 PM	L

Date: 2025-12-19