

## Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGU DEPARTURE TRANSPORTATION / NON- LEAGU
Aug 26, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room	
Aug 27, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room	
Aug 28, 2024	Wed	Practice	N/A	7:00 PM	8:30 PM	UEHS Mike Miller Track	
Aug 29, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room	
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room	
Aug 31, 2024	Sat	Practice	N/A	9:00 AM	10:30 AM	Ann G McGuinness Elementary Cross Country Course	
Sep 3, 2024	Tue	Practice	N/A	2:30 PM	4:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room	
Sep 4, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room	
Sep 5, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room	
Sep 6, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	F END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (4th Annual Corning Cross Country Action Figure Relay)	@ TBD	8:00 AM		The Y at Watson Woods	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 7:30 AM Return Date: Return Time: 3:00 PM	NL
Sep 9, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 10, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 11, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 12, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 13, 2024	Fri	Regular Season (Owego Cross Country Night Invite 2024)	@ TBD	6:00 PM		Owego Free Academy	Bus/Driver: DB1	Departure Point: Fran Angeline Field House Departure Time: 5:00 PM Return Date: Return Time: 10:00 PM	NL
Sep 14, 2024	Sat	Practice	N/A	9:00 AM	10:30 AM	Ann G McGuinness Elementary Cross Country Course			
Sep 16, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 17, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 17, 2024	Tue	Practice (Hickories Park)	N/A	3:30 PM		TBD	Bus/Driver: DB1	Departure Point: Fran Angeline Field House Departure Time: 3:30 PM Return Date: Return Time: 5:15 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 18, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 19, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 20, 2024	Fri	Practice (AGM)	N/A	3:30 PM		TBD	Bus/Driver: DB1	Departure Point: Fran Angeline Field House Departure Time: 3:30 PM	
Sep 20, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 21, 2024	Sat	Regular Season (Conwicke- Stock - UE Senior Night)	Horseheads	8:00 AM		Ann G McGuinness Elementary Cross Country Course			NL
Sep 23, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 24, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 25, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 26, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Sep 27, 2024	Fri	Practice	N/A	3:30 PM	4:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 27, 2024	Fri	Regular Season (15th Annual Pete Matzke Cross-Country Invitational)	@ TBD	4:00 PM		Maine Memorial ES	<b>Bus/Driver:</b> DB1	Departure Point: JFS Bus Loop Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	NL
Sep 28, 2024	Sat	Regular Season (59th Annual McQuaid Invitational)	@ TBD	9:00 AM		Gennesee Valley Park, Rochester	Bus/Driver: DB1	Departure Point: Fran Angeline Field House Departure Time: 6:30 AM Return Date: Return Time: 6:00 PM	NL
Sep 30, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 1, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 2, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 3, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 4, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 5, 2024	Sat	Regular Season (56th Annual McDaniel- Baxter Cross Country Invitational)	@ TBD	9:00 AM		CV - Multi- Purpose Field	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 8:00 AM Return Date: Return Time: 12:30 PM	NL
Oct 7, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 8, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	F END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 9, 2024	Wed	Regular Seasor (Delhi Jack Gariepy Invitational)	O (O TBD	3:00 PM		SUNY Delhi Golf Course	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 2:00 PM Return Date: Return Time: 8:00 PM	NL
Oct 10, 2024	Thu	Practice	N/A	3:15 PM	5:15 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 11, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 12, 2024	Sat	Practice	N/A	9:00 AM	10:30 AM	Ann G McGuinness Elementary Cross Country Course			
Oct 15, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 15, 2024	Tue	Practice (Greenwood Park)	N/A	3:30 PM		TBD	Bus/Driver: DB1	Departure Point: Fran Angeline Field House Departure Time: 3:30 PM Return Date: Return Time: 5:15 PM	
Oct 16, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 17, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 18, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 21, 2024	Mon	Practice (Fargnoli Farms)	N/A	3:30 PM		TBD	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 3:30 PM Return Date: Return Time: 5:15 PM	

DATE	WEEK DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 21, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 22, 2024	Tue	Regular Season (Whitney Point Invitational)	@ TBD	3:30 PM	6:30 PM	Whitney Point High School	<b>Bus/Driver:</b> DB1	Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	NL
Oct 23, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 24, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 25, 2024	Fri	Regular Season (STAC Championship)	@ TBD	7:45 AM	3:00 PM	Ann G McGuinness Elementary Cross Country Course			L
Oct 25, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 26, 2024	Sat	Post-Season (STAC Championship @ Fortin Park)	Horseheads, Corning High, Elmira, Ithaca, Binghamton, Johnson City, Maine- Endwell, Vestal, Chenango Valley, Owego Apalachin, Seton Catholic Central, Waverly, Norwich, Susquehanna Valley, Windsor @ Oneonta	12:00 PM	12:30 PM	TBD			NL
Oct 28, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 29, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 30, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Oct 31, 2024	Thu	Practice (AGM)	N/A	3:30 PM		TBD			
Oct 31, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Nov 1, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Nov 4, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Nov 5, 2024	Tue	Practice (Visit CV Sectional Course)	N/A	3:15 PM	5:30 PM	TBD			
Nov 6, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Nov 7, 2024	Thu	Regular Season (State Qualifiers)	@ TBD	10:00 AM	3:30 PM	Chenango Valley State Park	<b>Bus/Driver:</b> DB1	Departure Point: Fran Angeline Field House Departure Time: 10:00 AM Return Date: Return Time: 3:30 PM	L
Nov 8, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Nov 12, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			

DATE	WEE! DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 13, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Nov 14, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Nov 15, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	UEHS Mike Miller Track, UEHS Frank Sorochinsky Wrestling Room			
Nov 16, 2024	Sat	Regular Season (State Championships)	@ TBD	11:00 AM		Queensbury, NY	Bus/Driver: DB1	Departure Point: Fran Angeline Field House Departure Time: 11:00 AM	L

Date: 2025-12-24