Coaches:



- Natalie Longo
- Mike Terboss

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|-------------------------|---------------|-------------|---|---------------------------|--|----------------------------|
| Sep 3, 2022 | Sat | Regular Season (Corning Relays) | Union-Endicott @ TBD | TBD | 2:00 PM | 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 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 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 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 30, 2022 | Fri | Regular Season (Pete Matzke Invite) | @ TBD | 2:30 PM | 7:00 PM | Maine Memorial ES | Bus/Driver: DB1 | Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM | L |
| Oct 4, 2022 | Tue | Regular Season (Divisional Championship) | @ TBD | TBD | 7:00 PM | Maine Memorial ES | Bus/Driver: DB1 | Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM | L |
| Oct 6, 2022 | Thu | Regular Season (Bob Greene Invite) | @ TBD | TBD | 8:00 PM | Newark Valley High School | Bus/Driver: DB1 | Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM | L |
| Oct 18, 2022 | Tue | Regular Season | @ TBD | TBD | | Caryl E. Adams Elementary School | Bus/Driver: DB1 | Departure Point: UEHS Upper Parking Lot Departure Time: 2:30 PM | L |

| DATE | WEE! DAY | ⁽ TYPE | OPPONENTS | START TIME | END LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|---|---------------|--|--------------------|--|----------------------------|
| 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 | 11:00 AM | Owego Free Academy | Bus/Driver: DB1 | Departure Point: UEHS Upper Parking Lot Departure Date: Oct 22, 2022 Departure Time: 8:30 AM Return Date: Return Time: 3:00 PM | L |
| Oct 29, 2022 | Sat | Regular Season (Battle of Hynes Hill) | TBD | TBD | Ann G McGuinness Elementary Cross Country Course | | | L |

Date: 2024-05-16