

• Scott Baker, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2022	Sat	Regular Season (Pre- State Invitational @ VVS)	@ Vernon-Verona- Sherrill	8:15 AM	12:00 PM	Cross Country Course	Bus/Driver: BRIGITTE 173	Departure Point: HS PARENT Departure Time: 7:00 AM	L
Sep 14, 2022	Wed	Regular Season (Deerfield Wilderness Park)	Sauquoit Valley @ New York Mills	4:30 PM		TBD	Bus/Driver: DOUG C	Departure Point: HS PARENT CIRCLE Departure Date: Sep 14, 2022 Departure Time: 3:15 PM	L
Sep 21, 2022	Wed	Regular Season	Dolgeville, Little Falls, Canastota @ Westmoreland	4:30 PM		Westmoreland H S	Bus/Driver: DOUG C no sub	Departure Point: HS PARENT CIRCLE Departure Time: 3:00 PM	L
Sep 24, 2022	Sat	Regular Season (EJ Hermann Invitational @ Thomas R. Proctor Park)	@ Utica Proctor	9:15 AM		Proctor Park	Bus/Driver: LES	Departure Point: Parent Circle Departure Date: Sep 24, 2022 Departure Time: 7:00 AM	L
Sep 27, 2022	Tue	Regular Season (@ Waterville)	Mount Markham, Westmoreland, Oriskany, New York Mills	4:30 PM	6:00 PM	Waterville H S			L
Sep 27, 2022	Tue	Regular Season	Westmoreland, Mount Markham, Oriskany, New York Mills	4:30 PM	6:00 PM	Waterville H S			L
Sep 28, 2022	Wed	Regular Season	West Canada Valley, Sherburne-Earlville, Poland, Hamilton, Owen D. Young (Richfield/ODY)	4:30 PM		Waterville H S			L
Oct 5, 2022	Wed	Regular Season	Clinton, Oriskany @ Adirondack	4:30 PM	7:30 PM	Adirondack HS	Bus/Driver: BRIGITTE	Departure Point: HS parent circle Departure Time: 3:00 PM	L
Oct 8, 2022	Sat	Regular Season (Rome "Bill Coughlin" Cross-Country Invitational)	@ Rome Free Academy	10:45 AM	1:00 PM	RFA Cross Country Course	Bus/Driver: LES	Departure Point: HS Parent circle Departure Time: 9:00 AM	L
Oct 12, 2022	Wed	Regular Season	Remsen (Remsen/Town of Webb), Cooperstown (Cooperstown/Milford) @ Mount Markham	4:30 PM		HS Track	Bus/Driver: MARK 184	Departure Point: HS PARENT CIRCLE Departure Time: 3:30 PM	L
Oct 15, 2022	Sat	Regular Season (40th Annual Burnt Hills Cross- Country Invitational)	@ Burnt Hills-Ballston Lake HS	9:15 AM		Saratoga Spa State Park	Bus/Driver: LES	Departure Point: HS PARENT CIRCLE Departure Time: 7:00 AM	L

DATE	WEE! DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 22, 2022	Sat	Regular Season (CSC League Championship at Herkimer Community College)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Sauquoit Valley, West Canada Valley, Remsen (Remsen/Town of Webb), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton, Cooperstown (Cooperstown/Milford) @ Herkimer	10:00 AM		Herkimer County CC	Bus/Driver: LES	Departure Point: HS parent circle Departure Time: 7:15 AM	L
Oct 29, 2022	Sat	Regular Season (John Bernard Cross- Country Invitational @ Adirondack HS)	@ Adirondack	9:00 AM	12:00 PM) Adirondack HS	Bus/Driver: WAYNE 183	Departure Point: HS PARENT CIRCLE Departure Time: 7:15 AM	L
Nov 5, 2022	Sat	Post-Season (Section 3 Championships @ VVS)	@ Vernon-Verona- Sherrill	9:00 AM	12:00 PM	Cross Country Course	Bus/Driver: LES	Departure Point: HS PARENT CIRCLE Departure Time: 8:25 AM	L

Date: 2024-05-18