

**Coaches:** 

• Harold Muller, Head Coach

DATE	WEEK DAY	<sup>(</sup> түре	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 15, 2023	Fri	Regular Season (VVS Invitational)	@ Vernon-Verona- Sherrill	5:00 PM	6:00 PM	Cross Country Course	Departure Point: HS Departure Time: 2:45 PM	NL
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Saratoga Springs High School, Ballston Spa High School, Glens Falls, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:30 PM	NL
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ TBD	12:45 PM	1:45 PM	Genesee Valley Park	Departure Point: HS Departure Time: 8:00 AM	NL
Oct 7, 2023	Sat	Regular Season (Tully Co-Ed Invitational )	Cortland, Fulton, Homer, Liverpool, Nottingham (Nottingham), Bishop Grimes, Bishop Ludden, Cincinnatus, Christian Brothers Academy, Dewitt, Faith Heritage, Livingston Manor, Manlius Pebble Hill, Marcellus, Mexico, Notre Dame, Utica, Pulaski, South Jefferson, Westhill @ Tully	9:00 AM		Tully XC Course		NL
Oct 18, 2023	Wed	Regular Season	@ Mexico	4:30 PM	5:30 PM	Mexico MS- XC Trail	Departure Point: HS Departure Time: 2:30 PM	L
Oct 21, 2023	Sat	Regular Season (Marion Final Tune Up Cross Country Invitational)	@ Marion	TBD		Marion Jr/Sr High School	Departure Point: HS Departure Time: 7:30 AM	L
Oct 25, 2023	Wed	Meet (OHSL Liberty Boys Cross Country League Meet)	Vs. Multiple	4:00 PM	6:30 PM	MARCELLUS PARK	<b>Departure Time:</b> 2:15 PM	NL

DATE	WEEK DAY	OPPONENTS	START END TIME TIME LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Nov 4, 2023	Post-Season Sat (Section 3 Class B Championship)	@ TBD	10:20 11:00 Cross Country AM AM Course	Departure Point: HS Departure Time: 11:30 AM

Date: 2024-05-03