

Coaches:

• James Seeley, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 31, 2019	Sat	Regular Season (Fort Plain 4Km Cross Country Invitational)	@ Fort Plain	9:00 AM		Fort Plain HS		Departure Time: 7:00 AM	NL
Sep 11, 2019	Wed	Regular Season	Oriskany, Little Falls, Sherburne- Earlville, Hamilton @ Cooperstown	5:00 PM		Clarks Tower	Class Dismissal: 2:15 PM	Departure Time: 2:30 PM	L
Sep 18, 2019	Wed	Regular Season	Waterville, Canastota, Westmoreland @ Little Falls	4:30 PM		Little Falls HS		Departure Time: 3:30 PM	L
Sep 25, 2019	Wed	Regular Season	New York Mills, Little Falls, Adirondack, Sauquoit Valley	4:30 PM		TBD			L
Sep 28, 2019	Sat	Regular Season (EJ Hermann Meet)	@ TBD	TBD		TBD		Departure Time: 7:00 AM	NL
Oct 2, 2019	Wed	Regular Season	Little Falls, Holland Patent, Herkimer @ Remsen	4:30 PM		Remsen Jr/Sr H.S.			L
Oct 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	South Glens Falls, Schuylerville, Greenville, Hadley-Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Ballston Spa High School, Saratoga Springs High School, Niskayuna High School, Granville (Granville-Whitehall- Hartford), Stillwater, Colonie High School, Broadalbin- Perth, Johnstown, Lake George, Chittenango @ Burnt Hills- Ballston Lake HS			Saratoga Spa State Park			NL

DATE	WEE! DAY	^C TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 16, 2019	Wed	Regular Season	Clinton, Poland, Little Falls, Mount Markham @ West Canada Valley	4:30 PM		TBD		L
Oct 19, 2019	Sat	Regular Season (CSC Champion meet)	New York Mills, West Canada Valley, Poland, Sauquoit Valley, Little Falls, Remsen, TBD, Clinton, Cooperstown, Herkimer, Westmoreland, Sherburne-Earlville, Hamilton, Mount Markham, Adirondack, Holland Patent, Oriskany, Waterville, Canastota @ TBD	12:00 PM		Kirkland Town Park		L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		NL
Oct 26, 2019	Sat	Regular Season	Clinton, West Canada Valley, Poland, Mount Markham @ Little Falls	4:30 PM		Little Falls HS		L
Nov 9, 2019	Sat	Post-Season (Sectionals)	@ Vernon- Verona-Sherrill	9:00 AM		Cross Country Course	Departure Time: 7:30 AM	NL

Date: 2025-12-17