

Coaches:

• James Seeley, Head Coach

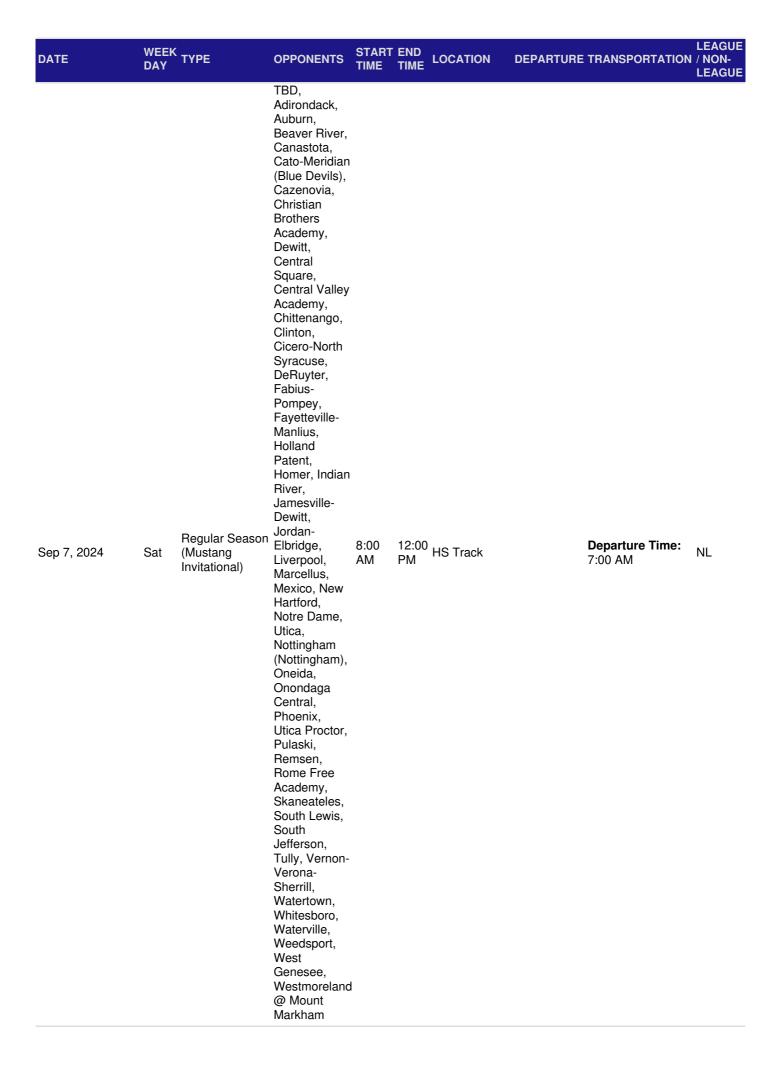
WEEK TYPE

DATE

OPPONENTS

START END LOCATION

LEAGUE DEPARTURE TRANSPORTATION / NON-LEAGUE



DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	Clinton, Whitesboro, Mount Markham, Hamilton, Notre Dame, Utica, Unadilla Valley (UV/GMU), Central Valley Academy, Utica Proctor, Rome Free Academy @ New Hartford	9:00 AM	Cross Country Course (Perry JH)		Departure Time: 7:00 AM	NL
Sep 18, 2024	Wed	Regular Season	Mount Markham, Little Falls, New York Mills @ Cooperstown	4:30 PM	Clarks Tower	Class Dismissal: 2:30 PM	Departure Time: 2:15 PM	L
Sep 25, 2024	Wed	Regular Season	Remsen, Canastota @ West Canada Valley	4:30 PM	TBD		Departure Time: 3:05 PM	L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann CC Invitational at Proctor Park)	@ TBD	TBD	TBD		Departure Time: 7:30 AM	NL
Oct 2, 2024	Wed	Regular Season (Senior Night)	Clinton, Westmoreland @ Adirondack		Adirondack HS		Departure Time: 2:45 PM	L
Oct 9, 2024	Wed	Regular Season	Herkimer, Waterville @ Poland	4:30 PM	TBD		Departure Time: 3:00 PM	L
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational at Saratoga State Park)	@ TBD	TBD	TBD		Departure Time: 9:00 AM	L
Oct 16, 2024	Wed	Regular Season	Hamilton, Sauquoit Valley @ Sherburne- Earlville	4:30 PM	Sherburne- Earlville HS		Departure Time: 2:15 PM	L
Oct 19, 2024	Sat	Regular Season (Fort Plain Cross Country Invitational)	@ Fort Plain	9:30 AM	Hoag Elementary School, 25 High Street 13339-1365		Departure Time: 7:30 AM	NL

DATE	WEEK	ТҮРЕ	OPPONENTS	START EN	T ()(· A LIC)N	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 26, 2024	Sat	Post-Season (Center State Conference Championships)	Clinton, Canastota, Poland, Hamilton, Adirondack, Sherburne- Earlville, Herkimer, West Canada Valley, Mount Markham, Little Falls, New York Mills, Remsen, Sauquoit Valley, Waterville @ Westmoreland	11:15 AM	Westmoreland H S	Departure Time: 8:00 AM	L
Nov 2, 2024	Sat	Regular Season (John Bernard Invitational at Adirondack CSD)	@ TBD	TBD	TBD	Departure Time: 8:00 AM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals at MM)	@ TBD	TBD	TBD		NL

Date: 2025-12-08