

## 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		<b>Departure Time:</b> 7:00 AM	NL
Sep 11, 2019	Wed	Regular Season	Little Falls, Sherburne- Earlville, Hamilton, Oriskany @ Cooperstown (Cooperstown/Milford)	5:00 PM		Clarks Tower	Class Dismissal: 2:15 PM	<b>Departure Time:</b> 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	Adirondack, Little Falls, Sauquoit Valley, New York Mills	4:30 PM		TBD			L
Sep 28, 2019	Sat	Regular Season (EJ Hermann Meet)	@ TBD	TBD		TBD		<b>Departure Time:</b> 7:00 AM	NL
Oct 2, 2019	Wed	Regular Season	Little Falls, Holland Patent, Herkimer, Town of Webb UFSD (Town of Webb) @ Remsen (Remsen)	4:30 PM		Remsen Jr/Sr H.S.		<b>Departure Time:</b> 3:05 PM	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, Oneonta, Niskayuna High School, Ballston Spa High School, Saratoga Central Catholic, Johnstown, Stillwater, Lake George, Scotia- Glenville, Broadalbin- Perth, Granville (Granville-Whitehall- Hartford), Chittenango, Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		<b>Departure Time:</b> 6:30 AM	NL
Oct 16, 2019	Wed	Regular Season	Clinton, Poland, Little Falls, Mount Markham @ West Canada Valley	4:30 PM		TBD	Class Dismissal: 2:50 PM	<b>Departure Time:</b> 3:05 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 19, 2019	Sat	Regular Season	Adirondack, West Canada Valley, Poland, Remsen (Remsen), Town of Webb UFSD (Town of Webb), Sauquoit Valley, Clinton, Westmoreland, Holland Patent, Little Falls, Cooperstown (Cooperstown/Milford), Sherburne-Earlville, Hamilton, Oriskany, New York Mills, Herkimer, Mount Markham, Waterville, Canastota @ TBD	11:20 AM		Kirkland Town Park		<b>Departure Time:</b> 7:30 AM	L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		<b>Departure Time:</b> 7:00 AM	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		<b>Departure Time:</b> 7:30 AM	NL

Date: 2025-12-14