



Hamilton

(G) V Cross Country

Coaches:

- Astrid Helfant, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2022	Wed	Regular Season	Oriskany, Little Falls, Sherburne-Earlville, Cooperstown @ Dolgeville	4:30 PM		TBD		L
Sep 17, 2022	Sat	Regular Season (New Hartford Invitational)	@ TBD	8:30 AM		Cross Country Course (Perry JH)		NL
Sep 21, 2022	Wed	Regular Season	Clinton, Remsen, New York Mills @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS		L
Sep 28, 2022	Wed	Regular Season	West Canada Valley, Sherburne-Earlville, Poland, Owen D. Young (Richfield/ODY) @ Waterville	4:30 PM		Waterville HS		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Adirondack, Cooperstown, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Utica Proctor, Oneida, Herkimer, Holland Patent, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 5, 2022	Wed	Regular Season	Sauquoit Valley, Sherburne-Earlville, Canastota, Mount Markham	4:30 PM		Colgate Cross Country trails		L
Oct 12, 2022	Wed	Regular Season	Adirondack, Sherburne-Earlville, Westmoreland @ Herkimer	4:30 PM		Herkimer County CC		L
Oct 22, 2022	Sat	Regular Season (CSC League Championship at HCCC)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Herkimer, Waterville, Sauquoit Valley, West Canada Valley, Remsen, Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville @ Cooperstown	11:00 AM		Herkimer County CC		L
Nov 5, 2022	Sat	Post-Season (Sectionals at VVS)	@ TBD	8:00 AM		Cross Country Course		NL

Date: 2025-12-15

