



Hamilton

(B) V Cross Country

Coaches:

- Astrid Helfant, 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 (Cooperstown/Milford) @ 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 (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 (Cooperstown/Milford), Central Valley Academy, Oriskany, West Canada Valley, Fulton, Mount Markham, Utica Proctor, Herkimer, Holland Patent, Oneida, 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 Herkimer Community College)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Cooperstown (Cooperstown/Milford) @ Herkimer	10:00 AM		Herkimer County CC		L
Nov 5, 2022	Sat	Post-Season (Sectionals at VVS)	@ TBD	8:00 AM		Cross Country Course		NL

