



Amsterdam

(G) V Cross Country

Coaches:

- Olivia Rehm, Head Coach
- Stu Palczak, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Regular Season (Blackbird invitational)	@ Voorheesville	9:00 AM		TBD	Bus/Driver: GASD	Departure Point: LLA Departure Time: 7:00 AM	NL
Sep 19, 2023	Tue	Regular Season	Broadalbin-Perth, Scotia-Glenville @ Johnstown	4:30 PM		TBD	Bus/Driver: GASD	Departure Point: AHS Departure Time: 3:30 PM	L
Sep 23, 2023	Sat	Regular Season (Queensbury invitational)	Schenectady High School, Schuylerville, Hadley-Luzerne (Corinth/Hadley Luzerne), Glens Falls, Shaker High School, Greenville, Ballston Spa High School, Chittenango, Shenendehowa High School, Maple Hill, Troy, Albany High School, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Bus/Driver: GASD	Departure Point: LLA Departure Time: 7:15 AM	L
Sep 26, 2023	Tue	Regular Season	Scotia-Glenville, Broadalbin-Perth @ Gloversville	4:30 PM		Cross Country Course	Bus/Driver: GASD	Departure Point: AHS Departure Time: 3:30 PM	L
Sep 30, 2023	Sat	Regular Season (Kdawg Invy)	@ South Glens Falls	9:00 AM	1:00 PM	Moreau Recreational Park	Bus/Driver: GASD	Departure Point: LLA Departure Time: 7:30 AM	NL
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Shaker High School, Colonie High School, Albany High School @ Schenectady High School	9:00 AM	4:00 PM	Central Park	Bus/Driver: GASD	Departure Point: LLA Departure Time: 7:00 AM	L
Oct 10, 2023	Tue	Regular Season	Gloversville, Johnstown @ Scotia-Glenville	4:30 PM		Indian Meadows	Bus/Driver: GASD	Departure Point: AHS Departure Time: 3:30 PM	L
Oct 14, 2023	Sat	Regular Season (Manhattan Invitational)	@ TBD	9:00 AM		TBD	Bus/Driver: Browns	Departure Point: LLA Departure Time: 4:30 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 23, 2023	Mon	Regular Season (Foothills XC Championship)	Broadalbin-Perth, Glens Falls, Gloversville, Hudson Falls, Johnstown, Scotia-Glenville, Schuylerville, South Glens Falls @ Queensbury	3:00 PM		Queensbury HS, Trails @ Elem. School	Bus/Driver: GASD	Departure Point: AHS Departure Time: 12:30 PM	L
Nov 4, 2023	Sat	Regular Season (Sectional championship)	@ Queensbury	9:30 AM		Queensbury HS, Trails @ Elem. School			L

Date: 2024-05-05