



# 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 10, 2022	Sat	Regular Season (Blackbird invitational)	@ Voorheesville	9:00 AM		Voorheesville M/HS	<b>Bus/Driver:</b> GASD	<b>Departure Point:</b> LLA <b>Departure Time:</b> 7:00 AM	L
Sep 13, 2022	Tue	Regular Season	Broadalbin-Perth, Scotia-Glenville @ Johnstown	4:30 PM		Cross Country Course	<b>Bus/Driver:</b> GASD	<b>Departure Point:</b> AHS <b>Departure Time:</b> 3:30 PM	L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational )	Monroe-Woodbury, Ballston Spa High School, Schuylerville, Niskayuna High School, Schenectady High School, South Glens Falls, Saratoga Springs High School, Coxsackie-Athens, Glens Falls, Granville (Granville-Whitehall), Shaker High School, Roy C Ketcham/Wappingers JHS, Remsen (Remsen/Town of Webb), John Jay HS/ Van Wyck JHS, Colonie High School, Our Lady of Lourdes, Albany High School, Maple Hill, Chatham @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School			NL
Sep 20, 2022	Tue	Regular Season	Broadalbin-Perth, Gloversville @ Scotia-Glenville	4:30 PM		Indian Meadows	<b>Bus/Driver:</b> GASD	<b>Departure Point:</b> AHS <b>Departure Time:</b> 3:30 PM	L
Sep 27, 2022	Tue	Regular Season	Johnstown, Gloversville @ Broadalbin-Perth	4:30 PM		BPHS Cross Country Trail	<b>Bus/Driver:</b> GASD <b>Class Dismissal:</b> 3:30 PM	<b>Departure Point:</b> AHS	L
Oct 1, 2022	Sat	Regular Season (Grout invitational)	@ TBD	9:00 AM		Iroquois Middle School, Niskayuna	<b>Bus/Driver:</b> GASD	<b>Departure Point:</b> LLA <b>Departure Time:</b> 7:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2022	Tue	Regular Season	Johnstown, Scotia-Glenville, Gloversville	4:30 PM		Bob's Trees			L
Oct 8, 2022	Sat	Regular Season (Manhattan Invitational)	TBD	9:00 AM		TBD			L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invitational)	@ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Bus/Driver:</b> GASD	<b>Departure Point:</b> LLA <b>Departure Time:</b> 7:00 AM	L
Oct 24, 2022	Mon	Regular Season (Foothills XC Championship)	Broadalbin-Perth, Glens Falls, Gloversville, Hudson Falls, South Glens Falls, Scotia-Glenville, Schuylerville @ Queensbury	3:00 PM		Queensbury HS, Trails @ Elem. School			L
Oct 29, 2022	Sat	Regular Season (Harvest Classic Invitational)	Whitesboro	9:00 AM		Bob's Trees			NL
Oct 29, 2022	Sat	Regular Season (12th Annual Harvest Classic Invitational)	Maple Hill	9:00 AM		Bob's Trees			NL

Date: 2023-09-28