



# 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                                  | <b>Bus/Driver:</b><br>GASD   | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>7:00 AM | NL                  |
| Sep 19, 2023 | Tue      | Regular Season                           | Broadalbin-Perth, Scotia-Glenville @ Johnstown   | 4:30 PM    |          | TBD                                  | <b>Bus/Driver:</b><br>GASD   | <b>Departure Point:</b><br>AHS<br><b>Departure Time:</b><br>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 | <b>Bus/Driver:</b><br>GASD   | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>7:15 AM | L                   |
| Sep 26, 2023 | Tue      | Regular Season                           | Scotia-Glenville, Broadalbin-Perth @ Gloversville  | 4:30 PM    |          | Cross Country Course                 | <b>Bus/Driver:</b><br>GASD   | <b>Departure Point:</b><br>AHS<br><b>Departure Time:</b><br>3:30 PM | L                   |
| Sep 30, 2023 | Sat      | Regular Season (Kdawg Invy)              | @ South Glens Falls  | 9:00 AM    | 1:00 PM  | Moreau Recreational Park             | <b>Bus/Driver:</b><br>GASD   | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>7:30 AM | NL                  |
| Oct 3, 2023  | Tue      | Regular Season                           | Broadalbin-Perth, Johnstown, Gloversville  | 4:30 PM    |          | Track-Amsterdam HS                   |                              |   | L                   |
| 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                         | <b>Bus/Driver:</b><br>GASD   | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>7:00 AM | L                   |
| Oct 10, 2023 | Tue      | Regular Season                           | Gloversville, Johnstown @ Scotia-Glenville   | 4:30 PM    |          | Indian Meadows                       | <b>Bus/Driver:</b><br>GASD   | <b>Departure Point:</b><br>AHS<br><b>Departure Time:</b><br>3:30 PM | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Manhattan Invitational)  | @ TBD  | 9:00 AM    |          | TBD                                  | <b>Bus/Driver:</b><br>Browns | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>4:30 AM | NL                  |

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|--------------|----------|---|---|------------|----------|--------------------------------------|-------------------------|--|---------------------|
| 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 | <b>Bus/Driver:</b> GASD | <b>Departure Point:</b> AHS<br><b>Departure Time:</b> 12:30 PM | L                   |
| Oct 28, 2023 | Sat      | Regular Season (Harvest Classic)                              | TBD   | 9:00 AM    |          | Bob's Trees                          |                         |  | NL                  |
| Oct 28, 2023 | Sat      | Regular Season (Harvest Classic Invitational Bob's Tree Farm) | Maple Hill  | 9:00 AM    | 1:00 PM  | Bob's Trees                          |                         |  | NL                  |
| Oct 28, 2023 | Sat      | Regular Season (Harvest Classic)                              | TBD   | 9:00 AM    |          | Bob's Trees                          |                         |  | NL                  |
| Nov 4, 2023  | Sat      | Regular Season (Sectional championship)                       | @ Queensbury  | 9:30 AM    |          | Queensbury HS, Trails @ Elem. School |                         |  | L                   |

Date: 2024-04-09