



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 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 | 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 |

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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 | Bus/Driver: GASD | Departure Point: AHS Departure Time: 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: 2025-12-19