



# Amsterdam

## (B) V Cross Country

### Coaches:

- Dana Allison, Head 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> GASD | <b>Departure Point:</b> LLA<br><b>Departure Time:</b> 7:00 AM | NL                  |
| Sep 19, 2023 | Tue      | Regular Season                          | Broadalbin-Perth, Scotia-Glenville @ Johnstown   | 4:30 PM    |          | Cross Country Course                 | <b>Bus/Driver:</b> GASD | <b>Departure Point:</b> AHS<br><b>Departure Time:</b> 3:30 PM | L                   |
| Sep 23, 2023 | Sat      | Regular Season (Cross Country Invy)     | Colonie High School, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury | 9:00 AM    |          | Queensbury HS, Trails @ Elem. School | <b>Bus/Driver:</b> GASD | <b>Departure Point:</b> LLA<br><b>Departure Time:</b> 7:15 AM | NL                  |
| Sep 26, 2023 | Tue      | Regular Season                          | Scotia-Glenville, Broadalbin-Perth @ Gloversville  | 4:30 PM    |          | Cross Country Course                 | <b>Bus/Driver:</b> GASD | <b>Departure Point:</b> AHS<br><b>Departure Time:</b> 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> GASD |   | NL                  |
| Oct 7, 2023  | Sat      | Regular Season (Grout Run Invitational) | Ballston Spa High School, Shaker High School, Albany High School @ Schenectady High School   | 9:00 AM    | 4:00 PM  | Central Park                         | <b>Bus/Driver:</b> GASD | <b>Departure Point:</b> LLA<br><b>Departure Time:</b> 7:00 AM | L                   |
| Oct 10, 2023 | Tue      | Regular Season                          | Gloversville, Johnstown @ Scotia-Glenville   | 4:30 PM    |          | Indian Meadows                       | <b>Bus/Driver:</b> GASD | <b>Departure Point:</b> AHS<br><b>Departure Time:</b> 3:30 PM | L                   |

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|--------------|----------|--|---|------------|----------|--------------------------------------|---------------------------|--|---------------------|
| Oct 14, 2023 | Sat      | Regular Season (Manhattan Invitational)    | @ TBD   | 9:00 AM    |          | TBD                                  | <b>Bus/Driver:</b> Browns | <b>Departure Point:</b> LLA<br><b>Departure Time:</b> 4:30 AM  | NL                  |
| 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                   |
| Nov 4, 2023  | Sat      | Post-Season (Section 2 Championships)      | Johnstown, Christian Brothers Academy, Albany, Shenendehowa High School, Greenville @ Queensbury                                      | 10:00 AM   |          | Queensbury HS, Trails @ Elem. School |                           |  | NL                  |

Date: 2024-05-19