

## Coaches:

- Jeff Richards, Head Coach
- Alex Hitrick, Asst Coach

DATE	WEEK	<sup>(</sup> ТҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 19, 2023	Tue	Regular Season	Scotia-Glenville, Amsterdam @ Johnstown	4:30 PM	TBD	<b>Departure Time:</b> 2:15 PM	L
Sep 23, 2023	Sat	Regular Season (Adirondack Cross Country Classic)	@ Queensbury	9:00 AM	Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 6:00 AM	NL
Sep 26, 2023	Tue	Regular Season	Amsterdam, Scotia-Glenville @ Gloversville	4:30 PM	Track & Field - GHS	<b>Departure Time:</b> 2:15 PM	L
Sep 30, 2023	Sat	Regular Season (SGF John Killian "K Dawg" Memorial XC Invitational)	@ South Glens Falls	9:00 AM	Moreau Recreational Park	<b>Departure Time:</b> 6:00 AM	NL
Oct 3, 2023	Tue	Regular Season	Johnstown, Gloversville @ Amsterdam	4:30 PM	Track- Amsterdam HS	<b>Departure Time:</b> 2:30 PM	L
Oct 7, 2023	Sat	Regular Season (Grout Cross Country Invitational)	@ TBD	9:00 AM	Central Park, Schenectady	<b>Departure Time:</b> 6:15 AM	NL
Oct 14, 2023	Sat	Regular Season (Burnt Hills Cross Country Invitational)	@ Burnt Hills- Ballston Lake HS	9:00 AM	Saratoga Spa State Park	<b>Departure Time:</b> 6:15 AM	NL

Date: 2024-05-14