## Coaches:

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

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END LIME LOCATION | TRANSPORTATION | LEAGUE / NONLEAGUE |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sep 10, 2022 | Sat | Regular Season (VVS Cross Country Invitational) | @ Vernon-VeronaSherrill | $\begin{aligned} & 1: 00 \\ & \text { PM } \end{aligned}$ | Cross Country Course | Departure Time: $10: 30 \mathrm{AM}$ | NL |
| Sep 13, 2022 | Tue | Regular Season | Scotia-Glenville, Amsterdam @ Johnstown | $\begin{aligned} & 4: 30 \\ & \text { PM } \end{aligned}$ | Cross Country Course | Departure Time: 2:00 PM | L |
| Sep 17, 2022 | Sat | Regular Season (QueensburyAdirondack Cross Country Classic Invitational) | @ Queensbury | $\begin{aligned} & 9: 15 \\ & \text { AM } \end{aligned}$ | Queensbury HS, Trails @ Elem. School | Departure Time: 6:00 AM | NL |
| Sep 20, 2022 | Tue | Regular Season | Amsterdam, Gloversville @ Scotia-Glenville | $\begin{aligned} & 4: 30 \\ & \text { PM } \end{aligned}$ | Indian <br> Meadows | Departure Time: 2:00 PM | L |
| Sep 24, 2022 | Sat | Regular Season (Broadalbin-Perth Invitational) | Johnstown, Mayfield, Notre Dame-Bishop Gibbons, TBD | $\begin{aligned} & \text { 9:00 } \\ & \text { AM } \end{aligned}$ | BPHS Cross Country Trail |  | NL |
| Sep 27, 2022 | Tue | Regular Season | Amsterdam, Johnstown, Gloversville | $\begin{aligned} & 4: 30 \\ & \text { PM } \end{aligned}$ | BPHS Cross Country Trail |  | L |
| Oct 1, 2022 | Sat | Regular Season (Grout Invitational) | @ TBD | $\begin{aligned} & 9: 00 \\ & \text { AM } \end{aligned}$ | Central Park, Schenectady | Departure Time: $6: 15 \mathrm{AM}$ | NL |
| Oct 8, 2022 | Sat | Regular Season (Non-League Saratoga Invitational) | North Warren, Colonie High School, Shaker High School @ Saratoga Springs High School | $\begin{aligned} & 9: 30 \\ & \text { AM } \end{aligned}$ | Pitney <br> Meadows <br> Community Farm | Departure Time: 6:30 AM | NL |
| Oct 8, 2022 | Sat | Regular Season (Saratoga Cross Country Invitational) | @ TBD | $\begin{aligned} & 12: 15 \\ & \text { PM } \end{aligned}$ | Pitney <br> Meadows <br> Community <br> Farm | Departure Time: 6:30 AM | NL |
| Oct 11, 2022 | Tue | Regular Season | Scotia-Glenville, Gloversville @ Johnstown | $\begin{aligned} & 4: 30 \\ & \text { PM } \end{aligned}$ | Cross Country Course | Departure Time: 2:15 PM | L |
| Oct 15, 2022 | Sat | Regular Season (Burnt Hills Cross Country Invitational) | @ TBD | $\begin{aligned} & 9: 15 \\ & \text { AM } \end{aligned}$ | Saratoga Spa State Park | Departure Time: 6:15 AM | NL |
| Oct 24, 2022 | Mon | Post-Season (Foothills XC Championship) | Gloversville, Amsterdam, Johnstown, Hudson Falls, ScotiaGlenville, Schuylerville, South Glens Falls, Glens Falls @ Queensbury | $\begin{aligned} & \text { 3:00 } \\ & \text { PM } \end{aligned}$ | Queensbury HS, Trails @ Elem. School | Departure Time: 12:45 PM | NL |
| Nov 5, 2022 | Sat | Post-Season (Section 2 Championship) | @ TBD | $\begin{aligned} & 11: 00 \\ & \text { AM } \end{aligned}$ | Queensbury HS, Trails @ Elem. School | Departure Time: 8:30 AM | NL |
| Nov 12, 2022 | Sat | Post-Season (NYS Championship) | @ TBD | TBD | Vernon- <br> Verona-Sherrill (VVS) High School |  | NL |

