

Coaches:

• Matt Flint, Head Coach

DATE	WEEK DAY	⁽ ТҮРЕ	OPPONENTS	START TIME	END LOCAT	TION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 2, 2023	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Shaker High School, Colonie High School, Shenendehowa High School, Albany High School @ Niskayuna High School	9:00 AM	Iroquo Middle Schoo)	Departure Point: Back Of HS Departure Time: 6:45 AM	NL
Sep 16, 2023	Sat	Regular Season (VVS Invy)	@ TBD	8:00 AM	TBD		Departure Point: Back Of HS Departure Time: 6:45 AM	NL
Sep 26, 2023	Tue	Regular Season	South Glens Falls, Hudson Falls @ Glens Falls	4:30 PM	TBD		Departure Point: Back OF HS Departure Time: 2:45 PM Return Date: Return Time: 6:15 PM	L
Oct 3, 2023	Tue	Regular Season	Glens Falls, Hudson Falls @ Schuylerville	4:30 PM	Hudso Crossi Park		Departure Point: Back Of HS Departure Time: 2:15 PM Return Date: Return Time: 6:45 PM	L
Oct 7, 2023	Sat	Regular Season (Central park schenectady)	@ TBD	9:30 AM	TBD		Departure Point: Back Of HS Departure Time: 6:45 AM	NL
Oct 10, 2023	Tue	Regular Season	Glens Falls, Schuylerville @ South Glens Falls	4:30 PM	Morea Recrea Park	-	Departure Point: Back Of HS Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	L
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invitational)	Jamesville-Dewitt, Schuylerville, Granville (Granville-Whitehall- Hartford), Johnstown, Edmeston (Edmeston/Morris), Shaker High School, Ballston Spa High School, Colonie High School, Colonie High School, Albany High School, Albany High School, Scotia- Glenville, Greenville, Troy, Glens Falls @ Burnt Hills-Ballston Lake HS	8:00 AM	Sarato Spa S Park		Departure Point: Back Of HS Departure Time: 7:00 AM	NL
Nov 11, 2023	Sat	Post-Season (NYSPHSAA State XC championship VVS Middle/High school)	@ TBD	TBD	TBD		Departure Point: Back Of HS	NL

DATE	WEEK DAY	OPPONENTS	STAR' TIME	TEND LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 18, 2023	Sat federati	onship at ω TBD	TBD	TBD	Departure Point: Back Of HS	NL

Date: 2024-05-05