



Queensbury (G) V Cross Country

Coaches:

- Matt Flint, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2022	Sat	Regular Season (Ekiden)	Schuylerville, Schenectady High School, Shaker High School, Rome Free Academy @ Niskayuna High School	9:30 AM	1:00 PM	Iroquois Middle School	Departure Point: Back of HS Departure Time: 6:45 AM	L
Sep 10, 2022	Sat	Regular Season (Individual Meet)	@ Vernon-Verona-Sherrill	8:30 AM		Cross Country Course	Departure Point: By The Track Departure Time: 4:30 AM	NL
Sep 10, 2022	Sat	Regular Season (Blackbird Invy)	@ Voorheesville	9:00 AM		Wallace Park, Voorheesville	Departure Point: By The Track Departure Time: 6:30 AM	NL
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Monroe-Woodbury, Ballston Spa High School, Schuylerville, Niskayuna High School, Schenectady High School, South Glens Falls, Saratoga Springs High School, Coxsackie-Athens, Glens Falls, Granville (Granville-Whitehall), Shaker High School, Roy C Ketcham/ Wappingers JHS, Remsen (Remsen/Town of Webb), Amsterdam, John Jay HS/ Van Wyck JHS, Colonie High School, Our Lady of Lourdes, Albany High School, Maple Hill, Chatham	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: Back of HS	NL
CANCELLED Sep 17, 2022	Sat	Regular Season (18th Annual Queensbury-Adirondack Cross Country Classic Invitational)	Schuylerville	9:00 AM		Queensbury HS, Trails @ Elem. School		L
Sep 17, 2022	Sat	Regular Season (Queensbury-Adirondack Cross Country Classic Invitational)	Broadalbin-Perth	9:15 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 17, 2022	Sat	Regular Season	Chatham	9:15 AM		Queensbury HS, Trails @ Elem. School		L
Sep 20, 2022	Tue	Regular Season	Hudson Falls, Glens Falls @ South Glens Falls	4:30 PM		Moreau Recreational Park		L

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Sep 27, 2022	Tue	Regular Season	Hudson Falls, Schuylerville, Glens Falls, TBD	4:15 PM		Queensbury HS, Trails @ Elem. School		L
Oct 1, 2022	Sat	Practice (Cross Country Practice at SPAC)	N/A	9:00 AM	1:00 PM	Saratoga State Park	Departure Point: QHS Departure Time: 9:00 AM Return Date: Return Time: 1:00 PM	
Oct 4, 2022	Tue	Regular Season	Schuylerville, South Glens Falls @ Glens Falls	4:30 PM		Coles Woods	Departure Point: By The Track Departure Time: 3:30 PM	L
Oct 8, 2022	Sat	Regular Season (Manhattan College Invy)	@ TBD	8:00 AM		TBD	Departure Point: By The Track Departure Time: 4:15 AM	NL
Oct 11, 2022	Tue	Regular Season	South Glens Falls, Schuylerville @ Hudson Falls	4:30 PM		Hudson Falls HS		L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Niskayuna High School, Schenectady High School, South Glens Falls, Oneonta, Saratoga Springs High School, Granville (Granville-Whitehall), Shaker High School, Schuylerville, Guilderland High School, Ballston Spa High School, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Point: Back of HS Departure Time: 7:15 AM	L
Oct 24, 2022	Mon	Regular Season (Foothills XC Championship)	Amsterdam, Broadalbin-Perth, Glens Falls, Gloversville, Hudson Falls, South Glens Falls, Scotia-Glenville, Schuylerville	3:00 PM		Queensbury HS, Trails @ Elem. School		L
Oct 29, 2022	Sat	Regular Season (Mechanicville Invy)	@ Mechanicville	TBD		Cross Country Field	Departure Point: By The Track	NL
Nov 5, 2022	Sat	Regular Season (Sectionals)	Maple Hill	8:00 AM		Queensbury HS, Trails @ Elem. School		NL
Nov 5, 2022	Sat	Post-Season (Sectionals)	Saratoga Springs High School	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: Back of HS	NL
Nov 5, 2022	Sat	Regular Season	Scotia-Glenville	11:00 AM		Queensbury HS, Trails @ Elem. School		L
Nov 5, 2022	Sat	Post-Season	Johnstown	11:00 AM		Queensbury HS, Trails @ Elem. School		NL
Nov 5, 2022	Sat	Post-Season (Sectionals)	Schuylerville	1:00 PM		Queensbury MS		L

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Nov 5, 2022	Sat	Post-Season (Sectionals)	Greenville	1:00 PM		Queensbury HS, Trails @ Elem. School		NL

Date: 2023-09-28