

## Coaches:

• Matt Flint, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 2, 2023	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Shaker High School, Shenendehowa High School, Albany High School, Troy @ Niskayuna High School	9:00 AM	Iroquois Middle School	Departure Point: Back Of HS Departure Time: 6:30 AM	NL
Sep 12, 2023	Tue	Regular Season	Hudson Falls, South Glens Falls, Schuylerville	4:30 PM	Queensbury HS, Trails @ Elem. School		L
Sep 16, 2023	Sat	Regular Season (VVS Vernon)	@ TBD	8:00 AM	TBD	Departure Point: Back Of HS Departure Time: 6:45 AM	NL
Sep 23, 2023	Sat	Regular Season (Queensbury Invite)	Chatham	9:00 AM	Queensbury HS, Trails @ Elem. School		L
Sep 23, 2023	Sat	Regular Season (Adirondack Cross Country Classic)	Broadalbin-Perth	9:00 AM	Queensbury HS, Trails @ Elem. School		NL
Sep 23, 2023	Sat	Regular Season (Queensbury Invitational)	North Warren	9:00 AM	Queensbury HS		L
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, 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	9:00 AM	Queensbury HS, Trails @ Elem. School		NL
Sep 26, 2023	Tue	Regular Season	South Glens Falls, Hudson Falls @ Glens Falls	4:30 PM	Coles Woods	Departure Point: Back Of HS Departure Time: 2:45 PM Return Date: Return Time: 6:15 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 3, 2023	Tue	Regular Season	Glens Falls, Hudson Falls @ Schuylerville	4:30 PM	Hudson Crossing 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	Moreau Recreational 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 Invy)	Colonie High School, Granville (Granville- Whitehall), Schuylerville, Johnstown, Edmeston (Edmeston/Morris), Jamesville-Dewitt, Shaker High School, Ballston Spa High School, Shenendehowa High School, Albany High School, Troy, Greenville, Scotia- Glenville, Glens Falls @ Burnt Hills-Ballston Lake HS	9:00 AM	Saratoga Spa State Park	<b>Departure Point:</b> Back Of HS <b>Departure Time:</b> 7:00 AM	NL
Oct 23, 2023	Mon	Regular Season (Foothills XC Championship)	Amsterdam, Broadalbin-Perth, Glens Falls, Gloversville, Hudson Falls, Johnstown, Scotia-Glenville, Schuylerville, South Glens Falls	3:00 PM	Queensbury HS, Trails @ Elem. School		L
Oct 28, 2023	Sat	Regular Season (Bob's Tree Farm Race)	@ TBD	10:00 AM	TBD	Departure Point: Back Of HS Departure Time: 7:30 AM Return Date: Return Time: 2:00 PM	NL
Nov 4, 2023	Sat	Post-Season (Section 2 Championships)	Johnstown, Amsterdam, Christian Brothers Academy, Albany, Shenendehowa High School, Greenville	10:00 AM	Queensbury HS, Trails @ Elem. School		NL
Nov 4, 2023	Sat	Post-Season (Sectional XC Championships)	Schuylerville	11:00 AM	Queensbury HS, Trails @ Elem. School		L
Nov 4, 2023	Sat	Regular Season (Sectionals)	Hudson Falls	1:00 PM	Queensbury HS, Trails @ Elem. School		L

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Nov 11, 2023	Sat	Post-Season (NYSPHSAA State Championship VVS Middle/High School)	@ TBD	TBD	TBD	<b>Departure Point:</b> Back Of HS	NL
Nov 18, 2023	Sat	Regular Season (NYS XC Championship at Bowdoin Park)	@ TBD	TBD	TBD	<b>Departure Point:</b> Back Of HS	NL

Date: 2024-04-09