

## Coaches:

- Paul Allison, Head Coach
- Matt Flint, Asst Coach
- Chris Frielinghaus, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 21, 2022	Wed	Regular Season (Johnsburg Invy)	@ TBD	3:00 PM		TBD	Class Dismissal: 12:00 PM	Departure Point: Back of HS Departure Time: 12:15 PM	L
Dec 30, 2022	Fri	Regular Season (Queensbury Relays)	Glens Falls (Coed Nordic Ski), Johnstown (Nordic), Scotia- Glenville, Lake George (Nordic), Saratoga Springs High School (Cross Country)			Gore Mountain Ski Resort		<b>Departure Time:</b> 7:30 AM	NL
CANCELLED Dec 30, 2022	Fri	Regular Season (Queensbury Relays)	Johnstown (Nordic)	10:00 AM		Queensbury HS			NL
CANCELLED Dec 30, 2022	Fri	Regular Season	Scotia- Glenville	10:00 AM		Gore Ski Center			L
CANCELLED Dec 30, 2022	Fri	Regular Season (Queensbury Relays)	Saratoga Springs High School (Cross Country)	10:00 AM		Queensbury HS			L
CANCELLED Dec 30, 2022	Fri	Regular Season (Q- Relays)	Lake George (Nordic)	2:00 PM		Queensbury HS			L
CANCELLED Jan 7, 2023	Sat	Regular Season (Queensbury Invitational)	Glens Falls (Coed Nordic Ski)	12:30 PM		Gore Ski Center			L
POSTPONED Jan 7, 2023	Sat	Regular Season (Queensbury Invitational)	Johnstown (Nordic), Scotia- Glenville, Saratoga Springs High School (Cross Country), Glens Falls (Coed Nordic Ski)	12:30 PM		Gore Ski Center		<b>Departure Point:</b> Back of HS <b>Departure Time:</b> 10:00 AM	NL
CANCELLED Jan 7, 2023	Sat	Regular Season (Queensbury Invy)	Saratoga Springs High School (Cross Country)	12:30 PM		Gore Ski Center			L
CANCELLED Jan 7, 2023	Sat	Regular Season	Scotia- Glenville	12:30 PM		Gore Ski Center			L
Jan 11, 2023	Wed	Regular Season (Saratoga/Shen Invy)	@ TBD	3:00 PM		North Creek Ski Bowl	Class Dismissal: 12:00 PM	Departure Point: Back of HS Departure Time: 12:30 PM	L
Jan 20, 2023	Fri	Regular Season (Johnstown/Guilderland Invy)	@ TBD	3:00 PM		North Creek Ski Bowl	Class Dismissal: 12:00 PM	<b>Departure Point:</b> Back of HS <b>Departure Time:</b> 12:15 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 27, 2023	Fri	Regular Season (Lake George/Glens Falls Invy)	@ TBD	4:30 PM	TBD	Class Dismissal: 12:00 PM	Departure Point: Back of HS Departure Time: 12:15 PM	L
POSTPONED Jan 28, 2023	Sat	Regular Season (Section 7 Invy)	@ TBD	TBD	TBD	Class Dismissal: 1:45 PM	Departure Point: Back of HS	NL
Feb 1, 2023	Wed	Regular Season (Mayfield Invy)	@ TBD	3:00 PM	Lapland Lake	Class Dismissal: 11:10 AM	Departure Point: Back of HS Departure Time: 11:30 AM	L
Feb 10, 2023	Fri	Regular Season (Scotia-Glenville Relays at Crandall Park)	@ Scotia- Glenville	4:00 PM	North Creel Ski Bowl	Class Dismissal: 1:45 PM	Departure Point: Back of Middle school Departure Time: 2:00 PM	L
Feb 15, 2023	Wed	Regular Season (Sectionals )	@ TBD	10:30 AM	TBD		Departure Point: Back of HS Departure Time: 7:30 AM	L
Feb 16, 2023	Thu	Regular Season	@ TBD	2:00 PM	TBD	Class Dismissal: 10:15 AM	Departure Point: Back of HS Departure Time: 10:30 AM	L
Feb 27, 2023	Mon	Regular Season	@ TBD	10:00 AM	TBD		Departure Point: Back of HS	L
Feb 28, 2023	Tue	Regular Season	@ TBD	10:00 AM	TBD		Departure Point: Back of HS	L

Date: 2024-05-18