



Liz Conrad

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2024	Tue	Regular Season	Hudson @ Rensselaer	4:30 PM		Cross Country Course		L
Sep 17, 2024	Tue	Regular Season	Greenville @ Hudson	5:30 PM		HS Cross Country Course		L
Sep 24, 2024	Tue	Regular Season	Hudson @ Maple Hill	4:30 PM		MHHS Cross Country Course		L
Oct 1, 2024	Tue	Regular Season	Chatham @ Hudson	4:30 PM		HS Cross Country Course		L
Oct 8, 2024	Tue	Regular Season	Hawthorne Valley, Hudson @ Taconic Hills	4:30 PM		Roeliff Jansen Park		L
Oct 11, 2024	Fri	Regular Season (Maple Hill Kiwanis Glover Invy)	@ Maple Hill	4:00 PM	7:00 PM	MHHS Cross Country Course		NL
Oct 15, 2024	Tue	Regular Season	Hudson, Windham- Ashland-Jewitt @ Cairo-Durham	4:30 PM		Track		L
Oct 22, 2024	Tue	Regular Season	Hudson, Hunter- Tannersville @ Coxsackie-Athens	4:30 PM		Coxsackie- Athens HS		L
Oct 29, 2024	Tue	Regular Season	Hudson, Cairo-Durham, Chatham, Coxsackie- Athens, Rensselaer, Windham-Ashland- Jewitt, Hunter- Tannersville, Greenville, Hawthorne Valley, Maple Hill, Taconic Hills @ TBD	4:00 PM		Schodack Island State Park		L

Date: 2025-12-13