

## Coaches:

- Rodney Stickles
- Katharine Curtis

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 22, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Aug 31, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Sep 1, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Chatham HS Track		
POSTPONED Sep 6, 2022	<sup>0</sup> Tue	Regular Season	TBD	4:15 PM		Cross Country Course (Chatham HS)		L
Sep 7, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 8, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 9, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 12, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	Chatham HS Track		
Sep 14, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 14, 2022	Wed	Regular Season	TBD @ Maple Hill	4:15 PM		TBD		L
Sep 15, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 16, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE   / NON-   LEAGUE
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- Hartford), Shaker High School, Roy C Ketcham/ Wappingers JHS, Remsen, Amsterdam, John Jay HS/ Van Wyck JHS, Colonie High School, Our Lady of Lourdes, Albany High School, Maple Hill @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 17, 2022	Sat	Regular Season	@ Queensbury	9:15 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 7:30 AM	L
Sep 19, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	Chatham HS Track		
Sep 20, 2022	Tue	Regular Season	Hunter-Tannersville, TBD @ Catskill	4:15 PM		TBD		L
Sep 21, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 22, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 23, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 26, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	Chatham HS Track		
Sep 27, 2022	Tue	Regular Season	TBD, Loudonville Christian, Rensselaer	4:15 PM		Cross Country Course (Chatham HS)		L
Sep 28, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 29, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Sep 30, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Oct 3, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	Chatham HS Track		
Oct 4, 2022	Tue	Regular Season	Hawthorne Valley, TBD @ Taconic Hills	4:15 PM		Roeliff Jansen Park		L
Oct 5, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Oct 6, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Oct 7, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Oct 8, 2022	Sat	Regular Season	@ Maple Hill	9:00 AM		MHHS Cross Country Course	<b>Departure Time:</b> 7:30 AM	NL
Oct 11, 2022	Tue	Regular Season	Cairo-Durham, TBD @ Windham-Ashland- Jewitt	4:15 PM		TBD		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 12, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Oct 13, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Oct 14, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Chatham HS Track		
Oct 15, 2022	Sat	Regular Season	@ Burnt Hills-Ballston Lake HS	9:15 AM		Saratoga Spa State Park		NL
Oct 17, 2022	Mon	Practice	N/A	3:30 PM	5:00 PM	Chatham HS Track		
Oct 18, 2022	Tue	Regular Season	Greenville, TBD @ Coxsackie-Athens	4:15 PM		Coxsackie- Athens HS		L
Oct 25, 2022	Tue	Regular Season (Patroon Championships)	Taconic Hills, Cairo- Durham, Coxsackie- Athens, Catskill, Hawthorne Valley, Loudonville Christian, Rensselaer, Hunter- Tannersville, Windham-Ashland- Jewitt, Greenville @ Maple Hill	3:30 PM		MHHS Cross Country Course		L

Date: 2025-12-19