

## Coaches:

• Amy Hirschoff, Head Coach

DATE	WEEK	TYPE	OPPONENTS	START EI	ND IME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Blackbird Invitational)	@ Voorheesville	TBD	TBD	Departure Date: Sep 7, 2024 Departure Time: 7:15 AM	NL
Sep 10, 2024	Tue	Regular Season	@ Chatham	4:15 PM	Cross Country Course (Chatham HS)	Departure Date: Sep 10, 2024 Departure Time: 3:15 PM Return Date: Sep 10, 2024 Return Time: 7:00 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen, Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia- Glenville, Vernon- Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Auburn, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM	Queensbury HS, Trails @ Elem. School	Departure Date: Sep 14, 2024 Departure Time: 6:45 AM Return Date: Sep 14, 2024 Return Time: 3:00 PM	NL
Sep 17, 2024	Tue	Regular Season	Taconic Hills @ Hawthorne Valley	4:30 PM	Hawthorne Valley School	Departure Date: Sep 17, 2024 Departure Time: 3:00 PM Return Date: Sep 17, 2024 Return Time: 6:00 PM	L
Sep 24, 2024	Tue	Regular Season	Catskill, Hudson	4:30 PM	MHHS Cross Country Course		L
Sep 28, 2024	Sat	Regular Season	@ Fort Plain	TBD	TBD	Departure Date: Sep 28, 2024 Departure Time: 7:00 AM Return Date: Sep 28, 2024 Return Time: 1:00 PM	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 1, 2024	Tue	Regular Season	@ Greenville	4:30 PM		Greenville HS Course Country Course	Departure Date: Oct 1, 2024 Departure Time: 3:00 PM Return Date: Oct 1, 2024 Return Time: 7:00 PM	L
Oct 5, 2024	Sat	Regular Season (Grout Invy)	@ TBD	10:00 AM		Central Park	Departure Date: Oct 5, 2024 Departure Time: 8:00 AM Return Date: Oct 5, 2024 Return Time: 3:00 PM	NL
Oct 8, 2024	Tue	Regular Season	Cairo-Durham @ Windham-Ashland- Jewitt	4:30 PM		TBD	Departure Date: Oct 8, 2024 Departure Time: 3:00 PM Return Date: Oct 8, 2024 Return Time: 7:00 PM	L
Oct 11, 2024	Fri	Regular Season (Maple Hill Kiwanis Glover Invy)	Catskill	4:00 PM	7:00 PM	MHHS Cross Country Course		NL
Oct 15, 2024	Tue	Regular Season	Hunter-Tannersville, Coxsackie-Athens	4:30 PM		MHHS Cross Country Course		L
Oct 18, 2024	Fri	Regular Season (Rensselaer County Meet)	@ TBD	TBD		TBD	Departure Date: Oct 18, 2024 Departure Time: 1:15 PM Return Date: Oct 18, 2024 Return Time: 7:00 PM	NL
Oct 22, 2024	Tue	Regular Season	Rensselaer	4:30 PM		MHHS Cross Country Course		L
Oct 29, 2024	Tue	Regular Season	Hudson, Cairo- Durham, Catskill, Chatham, Coxsackie- Athens, Rensselaer, Windham-Ashland- Jewitt, Hunter- Tannersville, Greenville, Hawthorne Valley, Taconic Hills @ TBD	4:00 PM		Schodack Island State Park	Departure Date: Oct 29, 2024 Departure Time: 2:30 PM	L
Nov 9, 2024	Sat	Post-Season (Sectionals)	TBD	TBD		Queensbury HS		NL

Date: 2025-12-16