

Coaches:

• Amy Hirschoff, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 6, 2022	Tue	Regular Season	Cairo-Durham @ Windham-Ashland- Jewitt	4:15 PM		TBD	Departure Time: 2:30 PM	L
Sep 10, 2022	Sat	Regular Season (VVS CROSS COUNTRY INVITATIONAL)	@ TBD	3:00 PM		Cross Country Course	Departure Time: 11:15 AM	L
Sep 14, 2022	Wed	Regular Season	Chatham	4:15 PM		MHHS Cross Country Course		L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Ballston Spa High School, Schuylerville, Christian Brothers Academy, Albany, Niskayuna High School, Monroe-Woodbury, Saratoga Springs High School, Colonie High School, Schenectady High School, South Glens Falls, Coxsackie-Athens, Glens Falls, Chittenango, Granville (Granville-Whitehall-Hartford), Shaker High School, Remsen (Remsen), Roy C Ketcham/Wappingers JHS, North Warren, Albany High School, Chatham, Scotia-Glenville @ Queensbury			Queensbury HS, Trails @ Elem. School		NL
Sep 20, 2022	Tue	Regular Season	Loudonville Christian @ Rensselaer	4:15 PM		Cross Country Course	Departure Time: 3:00 PM	L
Sep 29, 2022	Thu	Regular Season	TBD	4:15 PM		MHHS Cross Country Course		L
Oct 4, 2022	Tue	Regular Season	Coxsackie-Athens @ Greenville	4:15 PM		Greenville HS Course Country Course		L
Oct 8, 2022	Sat	Regular Season	Greenville	9:00 AM		MHHS Cross Country Course		NL
Oct 8, 2022	Sat	Regular Season	Chatham	9:00 AM		MHHS Cross Country Course		NL
Oct 8, 2022	Sat	Meet (Kiwanis Glover Invitational)	Vs. Multiple	10:00 AM	1:00 PM	MHHS Cross Country Course		NL
Oct 11, 2022	Tue	Regular Season	Hawthorne Valley @ Taconic Hills	4:15 PM		Roeliff Jansen Park	Departure Time: 2:45 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START EI TIME TI	ND IME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 18, 2022	Tue	Regular Season	Catskill @ Hunter- Tannersville	4:15 PM	TBD	Departure Time: 2:30 PM	L
Oct 21, 2022	Fri	Regular Season (Greenwich Cross Country Invitational at Saratoga Spa State Park)	@ Greenwich	4:00 PM	TBD	Departure Time: 2:00 PM	NL
Oct 25, 2022	Tue	Regular Season (Patroon Championships)	Taconic Hills, Cairo- Durham, Coxsackie- Athens, Chatham, Catskill, Hawthorne Valley, Loudonville Christian, Rensselaer, Hunter- Tannersville, Windham-Ashland- Jewitt, Greenville	4:00 PM	MHHS Cross Country Course		L
Oct 29, 2022	Sat	Regular Season (12th Annual Harvest Classic Invitational)	@ Amsterdam	9:00 AM	Bob's Trees	Departure Time: 8:00 AM	NL
Nov 5, 2022	Sat	Regular Season (Sectionals)	@ Queensbury	8:00 AM	Queensbury HS, Trails @ Elem. School	Departure Time: 8:00 AM	NL

Date: 2025-12-06