

Coaches:

• Gordon Kaedy, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 20, 2023	Wed	Regular Season	Saratoga Springs High School, Colonie High School, Ballston Spa High School @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	Departure Point: AMS Departure Time: 2:45 PM	L
Sep 23, 2023	Sat	Meet (Queensbury- Adirondack Classic Invitational)	Vs. Multiple	9:00 AM		Queensbury HS	Departure Point: AMS Departure Time: 6:45 AM	NL
Oct 4, 2023	Wed	Regular Season	Schenectady High School (Modified) @ Albany High School	4:30 PM	6:10 PM	Capital Hills Golf Course	Departure Point: AMS Departure Time: 3:15 PM	L
Oct 11, 2023	Wed	Regular Season	Columbia High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park	Departure Point: AMS Departure Time: 2:30 PM	L
Oct 18, 2023	Wed	Regular Season	Shaker High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park	Departure Point: AMS Departure Time: 3:00 PM	L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park	Departure Point: APHS Departure Time: 7:00 AM	NL

Date: 2024-05-21