

Coaches:

• Kevin Emblidge, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 2, 2023	Sat	Regular Season (Ekiden)	Schenectady High School, Shaker High School, Shenendehowa High School, Albany High School, Queensbury, Troy @ Niskayuna High School	9:00 AM		Iroquois Middle School	Bus/Driver: Schuylerville School	Departure Time: 7:00 AM	NL
Sep 12, 2023	Tue	Regular Season	Hudson Falls, South Glens Falls @ Queensbury	4:30 PM		Queensbury HS, Trails @ Elem. School	Bus/Driver: Schuylerville School	Departure Time: 3:10 PM	L
Sep 19, 2023	Tue	Regular Season	South Glens Falls, Glens Falls @ Hudson Falls	4:30 PM		Hudson Falls HS	Bus/Driver: Schuylerville School	Departure Time: 3:10 PM	L
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schenectady High School, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Bus/Driver: Schuylerville School	Departure Time: 7:30 AM	NL
Sep 30, 2023	Sat	Regular Season (10th Annual South Glens Falls John Killian "K- DAWG" Memorial XC Invitational)	@ South Glens Falls	9:00 AM		Moreau Recreational Park	Bus/Driver: Schuylerville School	Departure Time: 7:30 AM	L
Oct 3, 2023	Tue	Regular Season	Queensbury, Glens Falls, Hudson Falls	4:30 PM		Hudson Crossing Park			L
Oct 7, 2023	Sat	Regular Season (84th Annual Grout Cross Country Invitational)	@ TBD	9:00 AM		Central Park	Bus/Driver: Schuylerville School	Departure Time: 7:15 AM	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START E	ND IME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 10, 2023	Tue	Regular Season	Queensbury, Glens Falls @ South Glens Falls	4:30 PM		Moreau Recreational Park	Bus/Driver: Schuylerville School	Departure Time: 3:10 PM	L
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invy)	Colonie High School, Granville (Granville- Whitehall- Hartford), Johnstown, Edmeston (Edmeston/Morris), Jamesville-Dewitt, Shaker High School, Ballston Spa High School, Shenendehowa High School, Albany High School, Troy, Greenville, Queensbury, Scotia-Glenville, Glens Falls @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Bus/Driver: Schuylerville School	Departure Time: 7:15 AM	NL
Oct 23, 2023	Mon	Regular Season (Foothills XC Championship)	Amsterdam, Broadalbin-Perth, Glens Falls, Gloversville, Hudson Falls, Johnstown, Scotia- Glenville, South Glens Falls @ Queensbury	3:00 PM		Queensbury HS, Trails @ Elem. School	Bus/Driver: Schuylerville School	Departure Time: 1:00 PM	L
Nov 4, 2023	Sat	Post-Season (Sectional XC Championships)	@ Queensbury	11:00 AM		Queensbury HS, Trails @ Elem. School	Bus/Driver: Schuylerville School	Departure Time: 9:00 AM	L

Date: 2025-12-16