



Little Falls

(G) V Cross Country

Coaches:

- Chris Toher

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 1, 2023	Fri	Scrimmage	@ West Canada Valley	9:00 AM		TBD		Departure Time: 8:00 AM	NL
Sep 13, 2023	Wed	Regular Season	West Canada Valley, Oriskany, Dolgeville, Sauquoit Valley @ Westmoreland	4:30 PM		TBD	Class Dismissal: 2:50 PM	Departure Time: 3:00 PM	L
Sep 16, 2023	Sat	Regular Season (Invitational)	@ Fort Plain	9:30 AM		H.H. Hoag Elementary School - Fort Plain		Departure Time: 7:45 AM	L
Sep 20, 2023	Wed	Regular Season	Dolgeville, Mount Markham, Poland @ Cooperstown	4:30 PM		Clarks Tower	Class Dismissal: 2:40 PM	Departure Time: 2:50 PM	L
Sep 27, 2023	Wed	Regular Season	Canastota, Dolgeville, Sherburne-Earlville, Hamilton, Remsen	4:30 PM		Little Falls HS			L
Sep 30, 2023	Sat	Regular Season (Invitational)	@ TBD	10:40 AM		Proctor Park		Departure Time: 8:30 AM	L
Oct 4, 2023	Wed	Regular Season	Adirondack, New York Mills, Dolgeville @ Clinton	4:30 PM		Stadium Field (Grass / Track & Field)	Class Dismissal: 2:30 PM	Departure Time: 2:40 PM	L
Oct 7, 2023	Sat	Regular Season (Invitational)	@ Whitesboro	9:50 AM	12:00 PM	Deerfield Town Wilderness Park		Departure Time: 7:30 AM	L
Oct 11, 2023	Wed	Regular Season	Waterville, Herkimer, Owen D. Young (Richfield/ODY), Dolgeville	4:30 PM		Little Falls HS			L
Oct 14, 2023	Sat	Regular Season (Bill Coughlin Cross Country Invitational)	Clinton @ Rome Free Academy	11:40 AM		Rome Free Academy H S		Departure Time: 9:45 AM	L
Oct 21, 2023	Sat	Post-Season (CSC League Meet)	@ Mount Markham	11:30 AM		HS Track		Departure Time: 8:15 AM	L
Nov 4, 2023	Sat	Post-Season (Sectional Championships)	@ Vernon-Verona-Sherrill	9:00 AM		Cross Country Course		Departure Time: 7:00 AM	L

Date: 2025-12-07