



# Little Falls

## (B) V Cross Country

### Coaches:

- Chris Toher

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2022	Wed	Regular Season	Oriskany, Sherburne-Earlville, Hamilton, Cooperstown (Cooperstown/Milford) @ Dolgeville	4:30 PM		Dolgeville HS	<b>Departure Date:</b> Sep 14, 2022 <b>Departure Time:</b> 3:45 PM	L
Sep 17, 2022	Sat	Regular Season (Fort Plain Cross Country Invitational )	@ TBD	9:00 AM		H.H. Hoag Elementary School - Fort Plain	<b>Departure Time:</b> 7:45 AM	NL
Sep 21, 2022	Wed	Regular Season	Dolgeville, Waterville, Canastota @ Westmoreland	4:30 PM		Westmoreland H S	<b>Departure Date:</b> Sep 21, 2022 <b>Departure Time:</b> 3:00 PM	L
Sep 28, 2022	Wed	Regular Season	New York Mills, Dolgeville, Adirondack @ Mount Markham	4:30 PM		HS Track	<b>Departure Time:</b> 3:00 PM	L
Oct 5, 2022	Wed	Regular Season	Dolgeville, Herkimer, Owen D. Young (Richfield/ODY) @ Remsen (Remsen/Town of Webb)	4:30 PM		Remsen Jr/Sr H.S.	<b>Departure Time:</b> 3:10 PM	L
Oct 8, 2022	Sat	Regular Season (RFA "Bill Coughlin" Invitational )	@ Rome Free Academy	11:00 AM		RFA Cross Country Course	<b>Departure Time:</b> 9:15 AM	NL
Oct 12, 2022	Wed	Regular Season	Clinton, West Canada Valley, Poland, Dolgeville, Sauquoit Valley	4:30 PM		Little Falls HS		L
Oct 22, 2022	Sat	Regular Season (CSC League Championship at Herkimer Community College)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen/Town of Webb), Canastota, Adirondack, Poland, Dolgeville, Oriskany, Sherburne-Earlville, Hamilton, Cooperstown (Cooperstown/Milford) @ Herkimer	10:00 AM		Herkimer County CC	<b>Departure Time:</b> 9:00 AM	L

Date: 2022-12-02