



# Little Falls

## (B) 7/8TH Cross Country

### Coaches:

- Christina Martyniuk

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2025	Wed	Regular Season	Mount Markham, Waterville, Owen D. Young (Richfield/ODY) @ Westmoreland	4:30 PM		Westmoreland HS	<b>Class Dismissal:</b> 2:35 PM	<b>Departure Time:</b> 2:45 PM	L
Sep 17, 2025	Wed	Regular Season	New York Mills, Canastota @ West Canada Valley	4:30 PM		WCV Cross Country Trail		<b>Departure Time:</b> 3:15 PM	L
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	@ TBD	9:15 AM		Proctor Park		<b>Departure Date:</b> Sep 27, 2025 <b>Departure Time:</b> 7:45 AM	L
Oct 1, 2025	Wed	Regular Season	Sauquoit Valley, Clinton @ Adirondack	4:30 PM		Adirondack HS	<b>Class Dismissal:</b> 2:20 PM	<b>Departure Time:</b> 2:30 PM	L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	9:45 AM		Deerfield Town Wilderness Park		<b>Departure Time:</b> 7:30 AM	NL
Oct 8, 2025	Wed	Regular Season	Hamilton, Herkimer, Dolgeville @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS	<b>Class Dismissal:</b> 2:10 PM	<b>Departure Time:</b> 2:20 PM	L
Oct 11, 2025	Sat	Regular Season (Burnt Hills XC Invitational )	@ TBD	9:00 AM		TBD		<b>Departure Time:</b> 7:00 AM	NL
Oct 15, 2025	Wed	Regular Season	Remsen (Remsen), Cooperstown (Modified), Poland, Town of Webb UFSD	4:30 PM		Little Falls HS			L
Oct 18, 2025	Sat	Regular Season (Fort Plain Cross Country Invitational)	@ Fort Plain	9:00 AM		H.H. Hoag Elementary School - Fort Plain		<b>Departure Time:</b> 7:30 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON- LEAGUE
Oct 25, 2025	Sat	Regular Season (CSC League Meet)	Clinton, Sherburne- Earlville, Hamilton, New York Mills, Mount Markham, Owen D. Young (Richfield/ODY), Cooperstown (Modified), Poland, Remsen (Remsen), Dolgeville, West Canada Valley, Adirondack, Westmoreland, Waterville, Canastota, Herkimer, Town of Webb UFSD @ Sauquoit Valley	10:00 AM		Town Park	<b>Departure Time:</b> 8:00 AM	L

Date: 2026-02-08