



# Adirondack

## (G) V Cross Country

### Coaches:

- Ryan Jennings, Head Coach
- Nick Palczak, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2022	Fri	Regular Season (Invitational)	@ New Hartford	9:00 AM	11:30 AM	Cross Country Course (Perry JH)		NL
Sep 14, 2022	Wed	Regular Season	Remsen, Canastota, Poland @ West Canada Valley	4:30 PM		TBD		L
Sep 16, 2022	Fri	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM	3:30 PM	Cross Country Course		NL
Sep 16, 2022	Fri	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM	3:30 PM	Cross Country Course		NL
Sep 16, 2022	Fri	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM	3:30 PM	Cross Country Course		L
Sep 17, 2022	Sat	Regular Season (New Hartford invitational)	Whitesboro, Central Valley Academy, Oneonta, Canastota, Utica Proctor, TBD @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 21, 2022	Wed	Regular Season	Cooperstown, Owen D. Young (Richfield/ODY) @ Sauquoit Valley	4:30 PM		Town Park		L
Sep 28, 2022	Wed	Regular Season	New York Mills, Little Falls, Dolgeville @ Mount Markham	4:30 PM		HS Track		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Hamilton, Cooperstown, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Utica Proctor, Oneida, Herkimer, Holland Patent, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 5, 2022	Wed	Regular Season	Clinton, Waterville, Oriskany	4:30 PM	7:30 PM	Adirondack HS		L
Oct 12, 2022	Wed	Regular Season	Sherburne-Earlville, Hamilton, Westmoreland @ Herkimer	4:30 PM		Herkimer County CC		L
Oct 15, 2022	Sat	Regular Season (BR Invite)	Beaver River, Pulaski, Potsdam, Ogdensburg, Phoenix, Watertown, Indian River, Carthage, Thousand Islands, Canton, Norwood-Norfolk, TBD @ TBD	10:00 AM		Beaver River H S		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 22, 2022	Sat	Regular Season (CSC League Championship at HCCC)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Herkimer, Waterville, Sauquoit Valley, West Canada Valley, Remsen, Canastota, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton @ Cooperstown	11:00 AM		Herkimer County CC		L
Oct 29, 2022	Sat	Regular Season	DeRuyter	8:00 AM		Adirondack HS		NL
Oct 29, 2022	Sat	Regular Season	Central Valley Academy	9:00 AM	3:30 PM	Adirondack HS		L
Oct 29, 2022	Sat	Regular Season	Notre Dame, Utica	9:00 AM	3:30 PM	Adirondack HS		L
Oct 29, 2022	Sat	Regular Season (Adirondack Invitational)	Clinton	9:00 AM	3:30 PM	Adirondack HS		L
Oct 29, 2022	Sat	Regular Season (John Bernard Cross-Country Invitational @ Adirondack)	Waterville	9:00 AM	3:30 PM	Adirondack HS		L
Oct 29, 2022	Sat	Regular Season (John Bernard Invite at Adirondack)	Beaver River	9:00 AM	12:00 PM	Adirondack HS		NL
Oct 29, 2022	Sat	Regular Season (Adirondack Invite)	Holland Patent	9:00 AM	3:30 PM	Adirondack HS		NL
Oct 29, 2022	Sat	Regular Season (John Bernard Invitational)	Remsen	9:30 AM		Adirondack HS		NL

Date: 2025-12-14