



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 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Auburn, Beaver River, Canastota, Cato- Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero- North Syracuse, DeRuyter, Dolgeville, Fabius- Pompey, Fayetteville- Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen, Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Vernon-Verona- Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen, Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona- Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Auburn, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 18, 2024	Wed	Regular Season	Sherburne-Earlville, Herkimer, West Canada Valley @ Hamilton	4:30 PM		Colgate Cross Country trails		L
Sep 21, 2024	Sat	Regular Season	@ TBD	9:00 AM		TBD		NL
Sep 25, 2024	Wed	Regular Season	Cooperstown, Mount Markham, Owen D. Young (Richfield/ODY) @ Waterville	4:30 PM		Waterville H S		L
Sep 25, 2024	Wed	Regular Season	TBD, Mount Markham, Owen D. Young (Richfield/ODY) @ Waterville	4:30 PM		Waterville H S		L
Oct 2, 2024	Wed	Regular Season (Senior Night)	Clinton, Westmoreland, Dolgeville	4:30 PM		Adirondack HS		L
Oct 9, 2024	Wed	Regular Season (Meet will be held at the Deerfield Wilderness Park)	Canastota, Sauquoit Valley @ New York Mills	4:30 PM		N Y Mills J/S HS		L
Oct 16, 2024	Wed	Regular Season	Little Falls, Poland @ Remsen	4:30 PM		Remsen Jr/Sr H.S.		L
Oct 19, 2024	Sat	Regular Season	@ Beaver River	9:00 AM		TBD		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 26, 2024	Sat	Post-Season (Center State Conference Championships)	Clinton, Canastota, Poland, Hamilton, Sherburne-Earlville, Herkimer, West Canada Valley, Mount Markham, Dolgeville, Little Falls, New York Mills, Remsen, Sauquoit Valley, Waterville @ Westmoreland	11:15 AM		Westmoreland H S		L
Nov 2, 2024	Sat	Regular Season (John Bernard Invitational)	Fabius-Pompey	9:00 AM	6:30 PM	Adirondack HS		NL
Nov 2, 2024	Sat	Regular Season (52nd Annual John Bernard Cross Country Invitational)	General Brown	9:00 AM		Adirondack HS		NL
Nov 2, 2024	Sat	Regular Season	Vernon-Verona-Sherrill	9:00 AM	6:30 PM	Adirondack HS		NL
CANCELLED Nov 2, 2024	Sat	Regular Season (Invitational)	Notre Dame, Utica	9:00 AM		Adirondack HS		L
Nov 2, 2024	Sat	Regular Season	Clinton	9:00 AM		Adirondack HS		NL
Nov 2, 2024	Sat	Regular Season (52nd John Bernard Cross-Country Invitational)	Waterville	9:00 AM		Adirondack HS		L
Nov 2, 2024	Sat	Regular Season (John Bernard (Adirondack) Invite)	Holland Patent	9:30 AM	12:00 PM	Adirondack HS		L
Nov 2, 2024	Sat	Regular Season (John Bernard Invite @ Adirondack HS)	Sandy Creek	TBD		Adirondack HS		NL

Date: 2025-12-05