



Adirondack

(G) MODIFIED 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 14, 2022	Wed	Regular Season	Remsen, Canastota, Poland @ West Canada Valley	TBD		TBD		L
Sep 21, 2022	Wed	Regular Season	Cooperstown (Modified), 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 AM		HS Track		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Notre Dame, Utica, Corcoran (Syracuse West), Rome Free Academy, Oneonta, Westmoreland, New York Mills, New Hartford, Hamilton, Liverpool, Cooperstown (Modified), Central Valley Academy, Oriskany, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Herkimer, South Lewis, Oneida, Central Square, Remsen @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 5, 2022	Wed	Regular Season	Clinton, Waterville, Oriskany	4:30 PM		Adirondack HS		L
Oct 12, 2022	Wed	Regular Season	Westmoreland, Sherburne-Earlville, Hamilton @ Herkimer	4:30 PM		Herkimer County CC		L
Oct 22, 2022	Sat	Regular Season	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 (Modified)	11:00 AM		Herkimer County CC		L
Oct 29, 2022	Sat	Regular Season	South Lewis	9:30 AM		Adirondack HS		NL
Oct 29, 2022	Sat	Regular Season	Notre Dame, Utica	TBD		Adirondack HS		L

Date: 2025-12-14