



# 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 9, 2023	Sat	Regular Season (Invitational)	@ New Hartford	9:00 AM	11:30 AM	Cross Country Course (Perry JH)		NL
Sep 13, 2023	Wed	Regular Season	Remsen, Owen D. Young (Richfield/ODY) @ Mount Markham	4:30 PM		HS Track		L
Sep 21, 2023	Thu	Regular Season	Waterville, West Canada Valley, Sherburne-Earlville, Hamilton	4:30 PM		Adirondack HS		L
Sep 27, 2023	Wed	Regular Season	Sauquoit Valley, Cooperstown (Modified) @ Herkimer	4:30 PM		Herkimer County CC		L
Sep 30, 2023	Sat	Regular Season	@ Utica Proctor (JFK/DMS)	9:00 PM		Proctor Park		NL
Oct 4, 2023	Wed	Regular Season	New York Mills, Little Falls, Dolgeville @ Clinton	4:30 PM		Stadium Field (Grass / Track & Field)		L
Oct 11, 2023	Wed	Regular Season	Poland, Oriskany, Canastota @ Westmoreland	4:30 PM		Westmoreland M S		L
Oct 14, 2023	Sat	Regular Season	@ TBD	10:00 AM		Beaver River H S		NL
Oct 21, 2023	Sat	Regular Season	@ Mount Markham	10:00 AM		HS Track		L
Oct 28, 2023	Sat	Regular Season (John Bernard Invitational)	TBD	9:00 AM		Adirondack HS		NL
Oct 28, 2023	Sat	Regular Season	South Lewis	9:00 AM		Adirondack HS		NL

Date: 2026-03-10