



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 21, 2024	Sat	Regular Season	@ TBD	9:00 AM		TBD		NL
Sep 25, 2024	Wed	Regular Season	Owen D. Young (Richfield/ODY), Mount Markham, Cooperstown (Modified) @ Waterville	4:30 PM		Waterville H S		L
Oct 2, 2024	Wed	Regular Season	Dolgeville	4:30 PM		Adirondack 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	@ TBD	9:00 AM		TBD		NL
Nov 2, 2024	Sat	Regular Season	Vernon-Verona-Sherrill	9:00 AM		Adirondack HS		L
Nov 2, 2024	Sat	Regular Season	South Lewis	9:30 AM		Adirondack HS		NL

Date: 2025-12-05