



Adirondack

(B) V Cross Country

Coaches:

- Ryan Jennings

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 (Remsen/Town of Webb), Owen D. Young (Richfield/ODY) @ Mount Markham	4:30 PM		HS Track		L
Sep 16, 2023	Sat	Regular Season	@ Vernon-Verona-Sherrill	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Bethlehem High School, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 27, 2023	Wed	Regular Season	Sauquoit Valley, Cooperstown (Cooperstown/Milford) @ Herkimer	4:30 PM		Herkimer County CC		L
Sep 30, 2023	Sat	Regular Season	@ Utica Proctor	9:30 PM		Proctor Park		NL
Oct 4, 2023	Wed	Regular Season	New York Mills, Little Falls, Dolgeville @ Clinton	4:30 PM		Stadium Field		L
Oct 11, 2023	Wed	Regular Season	Canastota, Oriskany, Poland @ 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

Date: 2024-05-07