



# Adirondack

## (B) 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 11, 2019	Wed	Regular Season	West Canada Valley, Poland, Remsen (Remsen), Town of Webb UFSD (Town of Webb), Canastota	4:30 PM		Track		L
Sep 14, 2019	Sat	Regular Season (Invitational)	Whitesboro, Oneonta, Oneida, Vernon-Verona-Sherrill, Utica Proctor, Cazenovia, Clinton, Edmeston (Edmeston/Morris), Herkimer, Notre Dame, Utica, Hamilton @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 18, 2019	Wed	Regular Season	Holland Patent, Cooperstown (Cooperstown/Milford) @ Mount Markham	5:00 PM		Mount Markham HS		L
Sep 25, 2019	Wed	Regular Season	Little Falls, Sauquoit Valley, New York Mills @ Dolgeville	4:30 PM		TBD		L
Oct 2, 2019	Wed	Regular Season	Clinton, Waterville @ Oriskany	4:30 PM		Bernie Block Field @ Walbran Elementary Campus		L
Oct 9, 2019	Wed	Regular Season	Hamilton, Herkimer, Westmoreland @ Sherburne-Earlville	4:30 PM		TBD		L
Oct 19, 2019	Sat	Regular Season	West Canada Valley, Poland, Remsen (Remsen), Town of Webb UFSD (Town of Webb), Sauquoit Valley, Clinton, Westmoreland, Holland Patent, Little Falls, Dolgeville, Cooperstown (Cooperstown/Milford), Sherburne-Earlville, Hamilton, Oriskany, New York Mills, Herkimer, Mount Markham, Waterville, Canastota @ TBD	11:20 AM		Kirkland Town Park		L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		NL
Oct 26, 2019	Sat	Regular Season	Westmoreland	12:00 PM		Adirondack HS		L

Date: 2026-02-04