



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 14, 2022	Wed	Regular Season	Remsen (Remsen), Canastota, Poland @ West Canada Valley	4:30 PM		TBD		L
Sep 21, 2022	Wed	Regular Season	Cooperstown (Cooperstown/Milford), 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 PM		HS Track		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Corcoran (Syracuse West), Westmoreland, New York Mills, New Hartford, Cooperstown (Cooperstown/Milford), Central Valley Academy, Oriskany, West Canada Valley, Fulton, Mount Markham, Utica Proctor, Herkimer, Hamilton, Holland Patent, Oneida, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 5, 2022	Wed	Regular Season	Clinton, Waterville, Oriskany	4:30 PM	7:30 PM	Adirondack HS		L
Oct 12, 2022	Wed	Regular Season	Sherburne-Earlville, Hamilton, Westmoreland @ Herkimer	4:30 PM		Herkimer County CC		L
Oct 15, 2022	Sat	Regular Season (BR Invite)	Beaver River, Canton, Watertown, Norwood-Norfolk, Carthage, Pulaski, Phoenix, Potsdam, Indian River, Ogdensburg, TBD @ TBD	10:00 AM		Beaver River H S		NL
Oct 22, 2022	Sat	Regular Season (CSC League Championship at Herkimer Community College)	Westmoreland, Mount Markham, Clinton, Owen D. Young (Richfield/ODY), New York Mills, Waterville, Sauquoit Valley, West Canada Valley, Remsen (Remsen), Canastota, Poland, Dolgeville, Oriskany, Little Falls, Sherburne-Earlville, Hamilton, Cooperstown (Cooperstown/Milford) @ Herkimer	10:00 AM		Herkimer County CC		L
Oct 29, 2022	Sat	Regular Season (Adirondack Invite)	Holland Patent	9:00 AM	12:00 PM	Adirondack HS		NL
Oct 29, 2022	Sat	Regular Season (Invitational)	Central Valley Academy	9:00 AM	12:00 PM	Adirondack HS		L

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Oct 29, 2022	Sat	Regular Season	Central Valley Academy	9:00 AM	12:00 PM	Adirondack HS		L
Oct 29, 2022	Sat	Regular Season (John Bernard Invite at Adirondack)	Beaver River	9:00 AM	12:00 PM	Adirondack HS		NL
Oct 29, 2022	Sat	Regular Season (Adirondack Invitational)	Clinton	9:00 AM	12:00 PM	Adirondack HS		L
Oct 29, 2022	Sat	Regular Season (John Bernard Cross-Country Invitational @ Adirondack HS)	Waterville	9:00 AM	12:00 PM	Adirondack HS		L
Oct 29, 2022	Sat	Regular Season (John Bernard Invitational)	Remsen (Remsen)	9:30 AM		Adirondack HS		NL
Oct 29, 2022	Sat	Regular Season	Notre Dame, Utica	TBD		Adirondack HS		L

Date: 2025-12-06