



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 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), 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 21, 2023 | Thu | Regular Season | West Canada Valley, Waterville, Sherburne-Earlville, Hamilton | 4:30 PM | | Adirondack HS | | L |
| 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 (Grass / Track & 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 |
| Oct 28, 2023 | Sat | Regular Season (Invitational) | DeRuyter, TBD | 8:30 AM | | Adirondack HS | | L |
| Oct 28, 2023 | Sat | Regular Season (John Bernard Adirondack Invitational) | Waterville | 9:00 AM | | Adirondack HS | | L |

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| Oct 28, 2023 | Sat | Regular Season (John Bernard Invitational) | TBD | 9:00 AM | 12:00 PM | Adirondack HS | | NL |
| Oct 28, 2023 | Sat | Regular Season (Adirondack Invitational) | Mount Markham | 9:00 AM | | Adirondack HS | | L |
| Oct 28, 2023 | Sat | Regular Season (John Bernard Invitational) | Remsen (Remsen) | 9:30 AM | | TBD | | NL |
| Oct 28, 2023 | Sat | Regular Season (John Bernard Invite @ Adirondack HS) | Sandy Creek | 9:30 AM | | Adirondack HS | | NL |
| Oct 28, 2023 | Sat | Regular Season (Adirondack Cross Country Invitational) | Central Valley Academy | 10:00 AM | | Adirondack HS | | L |
| Oct 28, 2023 | Sat | Regular Season (John Bernard Invitational) | Notre Dame, Utica | 10:15 AM | | Adirondack HS | | L |
| Oct 28, 2023 | Sat | Regular Season (Adirondack Invite) | Holland Patent | 11:00 AM | | Adirondack HS | | L |
| Oct 28, 2023 | Sat | Regular Season (Adirondack Invitational) | Clinton | TBD | | Adirondack HS | | L |

Date: 2025-12-05