



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 7, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen), Phoenix, Holland Patent, Tully, Cato- Meridian (Blue Devils), South Lewis, Whitesboro, Clinton, Waterville, Beaver River, Vernon-Verona- Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius- Pompey, Fayetteville- Manlius, Homer, TBD, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track		NL
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Gloversville, Broadalbin-Perth, South Lewis, Scotia- Glennville, Vernon- Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 18, 2024	Wed	Regular Season	Sherburne-Earlville, Herkimer, West Canada Valley @ Hamilton	4:30 PM		Colgate Cross Coutry trails		L
Sep 21, 2024	Sat	Regular Season	@ TBD	9:00 AM	6:30 PM	Bville - Durgee Cross Country Trail		NL
Sep 25, 2024	Wed	Regular Season	Cooperstown (Cooperstown/Milford), Mount Markham, Owen D. Young (Richfield/ODY) @ Waterville	4:30 PM		Waterville H S		L
Oct 2, 2024	Wed	Regular Season (Senior Night)	Clinton, Westmoreland, Dolgeville	4:30 PM		Adirondack HS		L
Oct 9, 2024	Wed	Regular Season (Meet will be held at the Deerfield Wilderness Park)	Canastota, Sauquoit Valley @ New York Mills	4:30 PM		N Y Mills J/S HS		L
Oct 16, 2024	Wed	Regular Season	Little Falls, Poland @ Remsen (Remsen)	4:30 PM		Remsen Jr/Sr H.S.		L
Oct 19, 2024	Sat	Regular Season (Beaver River Cross Country Invitational)	@ Beaver River	9:00 AM	6:30 PM	Beaver River H S		NL
Oct 26, 2024	Sat	Regular Season (Center State Conference Championships)	Canastota, Clinton, Sherburne-Earlville, Mount Markham, Little Falls, Waterville, Sauquoit Valley, Cooperstown (Cooperstown/Milford), Herkimer, Dolgeville, Poland, Town of Webb UFSD (Town of Webb), New York Mills, Hamilton, West Canada Valley @ Westmoreland	12:00 PM		Westmoreland H S		L
CANCELLED Nov 2, 2024	Sat	Regular Season (Invitational)	Notre Dame, Utica	9:00 AM	6:30 PM	Adirondack HS		L
Nov 2, 2024	Sat	Regular Season	Clinton	9:00 AM		Adirondack HS		NL
Nov 2, 2024	Sat	Regular Season (John Bernard Invitational)	Fabius-Pompey	9:00 AM	6:30 PM	Adirondack HS		NL
Nov 2, 2024	Sat	Regular Season	Vernon-Verona-Sherrill	9:00 AM	6:30 PM	Adirondack HS		NL
Nov 2, 2024	Sat	Regular Season (John Bernard (Adirondack) Invite)	Holland Patent	9:00 AM	12:00 PM	Adirondack HS		L
Nov 2, 2024	Sat	Regular Season (52nd John Bernard Cross-Country Invitational)	Waterville	9:00 AM		Adirondack HS		L
Nov 2, 2024	Sat	Regular Season (John Bernard Invite @ Adirondack HS)	Sandy Creek	TBD		TBD		NL

