



# Adirondack

## (B) MODIFIED 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 10, 2025	Wed	Regular Season	Sherburne-Earlville, Canastota, Poland @ Hamilton	4:30 PM		Colgate Cross Country trails		L
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Oneonta, Utica Proctor (JFK/DMS), Camden, Central Valley Academy, DeRuyter, TBD, Herkimer, Notre Dame, Utica, Oneida, Poland, Sauquoit Valley, Vernon-Verona-Sherrill, Westmoreland, Whitesboro, Rome Free Academy @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 17, 2025	Wed	Regular Season	Remsen (Remsen), Mount Markham, Owen D. Young (Richfield/ODY), Town of Webb UFSD @ Herkimer	4:30 PM		Herkimer E S		L
Oct 1, 2025	Wed	Regular Season	Sauquoit Valley, Clinton, Little Falls	4:30 PM		Adirondack HS		L
Oct 8, 2025	Wed	Regular Season	New York Mills, Cooperstown (Modified) @ Waterville	4:30 PM		Waterville H S		L
Oct 15, 2025	Wed	Regular Season (At Dolgeville Meet)	West Canada Valley, Westmoreland @ Dolgeville	4:30 PM		TBD		L
Oct 25, 2025	Sat	Regular Season (CSC League Meet)	Clinton, Sherburne-Earlville, Hamilton, New York Mills, Mount Markham, Owen D. Young (Richfield/ODY), Little Falls, Cooperstown (Modified), Poland, Remsen (Remsen), Dolgeville, West Canada Valley, Westmoreland, Waterville, Canastota, Herkimer, Town of Webb UFSD @ Sauquoit Valley	10:00 AM		Town Park		L
Nov 1, 2025	Sat	Regular Season	South Lewis	8:15 AM		Adirondack HS		NL
Nov 1, 2025	Sat	Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitational)	TBD	9:00 AM		Adirondack HS		NL

Date: 2025-12-05