



Altmar-Parish-Williamstown

(G) V Cross Country (APW Rebels)

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 4, 2019	Wed	Scrimmage (Scrimmage)	@ Camden	3:30 PM		Camden Cross Country Course			NL
Sep 14, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Fabius-Pompey, Camden, Central Valley Academy @ East Syracuse Minoa	9:00 AM		Pine Grove Cross Country Track			L
Sep 18, 2019	Wed	Regular Season	@ Skaneateles	4:30 PM		Skaneateles Polo Grounds	Bus/Driver: APW	Departure Point: Athletic Entrance Departure Time: 2:45 PM	L
Oct 2, 2019	Wed	Regular Season	Jordan-Elbridge, Solvay	4:30 PM		A-P-W Elementary School			L
Oct 5, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Central Valley Academy, Holland Patent, Corcoran (Syracuse West), Canastota, Vernon-Verona-Sherrill, Cooperstown, New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Little Falls, Notre Dame, Utica, Poland, Utica Proctor, Waterville @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park			NL
Oct 9, 2019	Wed	Regular Season	@ Marcellus	4:30 PM		Cross Country Course at MS	Bus/Driver: APW	Departure Point: Athletic Entrance Departure Time: 3:00 PM	L
Oct 12, 2019	Sat	Regular Season (Invitational)	@ Beaver River	9:50 AM		Beaver River H S	Bus/Driver: APW	Departure Point: Athletic Entrance Departure Time: 8:45 AM	NL
Oct 21, 2019	Mon	Regular Season	Cazenovia, Marcellus	4:30 PM		A-P-W Elementary School			L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS	Bus/Driver: APW	Departure Point: Athletic Entrance Departure Time: 8:45 AM	NL
Oct 30, 2019	Wed	Meet (OHSL Liberty League Meet)	Vs. Multiple	4:00 PM	6:45 PM	TBD	Bus/Driver: APW	Departure Point: Athletic Entrance Departure Time: 2:15 PM	NL

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Nov 9, 2019	Sat	Post-Season (Sectionals @ VVS)	@ TBD	1:20 PM		TBD	Bus/Driver: APW	Departure Point: Athletic Entrance Departure Time: 9:00 PM	L

Date: 2025-12-15