Coaches:



Chris Flint

•	Tim	Brown
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DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START EI TIME TI	ND ME LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 12, 2023	Tue	Meet (Adirondack League Pre- Season Scrimmage)	Vs. Multiple	4:00 PM	Lake George Elementary School - #12 Cross Country Trails	Bus/Driver: HLCS	Departure Point: HL HS Departure Time: 3:30 PM Return Date: Return Time: 6:30 PM	NL
Sep 19, 2023	Tue	Regular Season	Granville (Granville- Whitehall) @ Warrensburg (Warrensburg - Bolton)	4:00 PM	Warrensburg Recreation Field			L
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury		Queensbury HS, Trails @ Elem. School	Bus/Driver: HLCS	Departure Point: HL HS Departure Time: 7:30 AM Return Date: Return Time: 3:00 PM	NL
Sep 30, 2023	Sat	Regular Season (SGF Invy (Moreau))	@ TBD	9:00 AM	Moreau Rec Park, Moreau NY	Bus/Driver: HLCS	Departure Point: HL HS Departure Time: 7:20 AM Return Date: Return Time: 1:00 PM	NL
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invy)	@ TBD	9:00 AM	Saratoga Spa State Park	Bus/Driver: HLCS	Departure Point: HL HS Departure Time: 7:30 PM Return Date: Return Time: 3:30 PM	NL

DATE	WEEK	TYPE	OPPONENTS	START END TIME TIME		DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 26, 2023	Thu	Meet (Adirondack League Championships)	Vs. Multiple	4:30 PM	Queensbury HS, Trails @ Elem. School	Bus/Driver: HLCS	Departure Point: HL HS Departure Time: 1:00 PM Return Date: Return Time: 5:30 PM	NL
Nov 4, 2023	Sat	Post-Season (Sectionals Race)	@ TBD	10:00 AM	Queensbury High School	Bus/Driver: HLCS	Departure Point: HL HS Departure Time: 8:30 AM Return Date: Return Time: 2:00 PM	NL

Date: 2024-04-10