## Coaches:



- Chris Flint
- Tim Brown

| DATE         | WEEK<br>DAY | ТҮРЕ                                                       | OPPONENTS                                                                                                                                                                                                                                                                                                                                                                | START<br>TIME | END<br>TIME | LOCATION                                                                | DEPARTURE           | TRANSPORTATION                                                                                     | LEAGUE<br>/ NON-<br>LEAGUE |
|--------------|-------------|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------|-------------------------------------------------------------------------|---------------------|----------------------------------------------------------------------------------------------------|----------------------------|
| Sep 12, 2023 | Tue         | Meet<br>(Adirondack<br>League Pre-<br>Season<br>Scrimmage) | Vs. Multiple                                                                                                                                                                                                                                                                                                                                                             | 4:00<br>PM    |             | Lake George<br>Elementary<br>School - #12<br>Cross<br>Country<br>Trails | Bus/Driver:<br>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<br>(Granville-<br>Whitehall-<br>Hartford) @<br>Warrensburg<br>(Warrensburg -<br>Bolton)                                                                                                                                                                                                                                                                        | 4:00<br>PM    |             | Warrensburg<br>Recreation<br>Field                                      |                     |                                                                                                    | L                          |
| Sep 23, 2023 | Sat         | Regular Season<br>(Cross Country<br>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 | ı             |             | Queensbury<br>HS, Trails @<br>Elem.<br>School                           | Bus/Driver:<br>HLCS | Departure Point:<br>HL HS<br>Departure Time:<br>7:30 AM<br>Return Date:<br>Return Time: 3:00<br>PM | NL                         |
| Sep 30, 2023 | Sat         | Regular Season<br>(SGF Invy<br>(Moreau))                   | @ TBD                                                                                                                                                                                                                                                                                                                                                                    | 9:00<br>AM    |             | Moreau Rec<br>Park,<br>Moreau NY                                        | Bus/Driver:<br>HLCS | Departure Point:<br>HL HS<br>Departure Time:<br>7:20 AM<br>Return Date:<br>Return Time: 1:00<br>PM | NL                         |
| Oct 14, 2023 | Sat         | Regular Season<br>(Burnt Hills<br>Invy)                    | @ TBD                                                                                                                                                                                                                                                                                                                                                                    | 9:00<br>AM    |             | Saratoga<br>Spa State<br>Park                                           | Bus/Driver:<br>HLCS | Departure Point:<br>HL HS<br>Departure Time:<br>7:30 PM<br>Return Date:<br>Return Time: 3:30<br>PM | NL                         |

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

Date: 2024-04-28