## Coaches:



- Chris Flint
- Tim Brown

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	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		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- Hartford) @ 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	ı		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 26, 2023	Tue	Regular Season	Argyle (Argyle), Hartford (Granville- Whitehall- Hartford)	4:00 PM		EMBA Fields 101 Sherman Avenue Corinth NY 12822	Bus/Driver: HLCS	Departure Point: HL HS Departure Time: 3:30 PM Return Date: Return Time: 6:30 PM	L
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 3, 2023	Tue	Regular Season	North Warren	4:00 PM	EMBA Fields 101 Sherman Avenue Corinth NY 12822	Bus/Driver: HLCS	Departure Point: HL HS Departure Time: 3:30 PM Return Date: Return Time: 6:15 PM	L
Oct 10, 2023	Tue	Regular Season	Lake George	4:00 PM	Stuart M. Townsend Elementary School			L
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
Oct 17, 2023	Tue	Regular Season	Granville (Granville- Whitehall- Hartford), Argyle (Argyle), Hartford (Granville- Whitehall- Hartford)	4:00 PM	Stuart M. Townsend Elementary School			L
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		Departure Point: HL HS Departure Time: 8:30 AM Return Date: Return Time: 2:00 PM	NL

Date: 2025-12-05