

Coaches:

- Jeff Richards, Head Coach
- Alex Hitrick, Asst Coach

DATE	WEEK DAY	⁽ TYPE	OPPONENTS	START END		TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 13, 2022	Tue	Regular Season	@ Johnstown	4:15 PM	Cross Country Course	Departure Time: 2:00 PM	L
Sep 17, 2022	Sat	Regular Season (Adirondack Classic)	@ Queensbury	9:00 AM	Queensbury HS, Trails @ Elem. School	Departure Time: 6:00 AM	NL
Sep 20, 2022	Tue	Regular Season	Gloversville, Amsterdam @ Scotia-Glenville	4:30 PM	Indian Meadows	Departure Time: 2:00 PM	L
Sep 24, 2022	Sat	Regular Season (B-P Invitational)	Johnstown, Mayfield, Notre Dame-Bishop Gibbons	9:00 AM	BPHS Cross Country Trail		NL
Sep 27, 2022	Tue	Regular Season	Gloversville, Amsterdam, Johnstown	4:30 PM	BPHS Cross Country Trail		L
Oct 1, 2022	Sat	Regular Season (Grout Invitational)	@ TBD	9:00 AM	Central Park, Schenectady	Departure Time: 6:15 AM	NL
Oct 8, 2022	Sat	Regular Season (Saratoga Cross Country Invitational)	@ TBD	9:30 AM	Pitney Meadows Community Farm	Departure Time: 6:30 AM	NL
Oct 11, 2022	Tue	Regular Season	Scotia-Glenville, Gloversville @ Johnstown	4:30 PM	Cross Country Course	Departure Time: 2:15 PM	L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Cross Country Invitational)	@ TBD	9:15 AM	Saratoga Spa State Park	Departure Time: 6:15 AM	NL
Oct 24, 2022	Mon	Post-Season (Foothills Council Championship)	@ TBD	3:00 PM	Queensbury HS, Trails @ Elem. School	Departure Time: 12:45 PM	L

Date: 2024-11-09