



Adirondack

(B) V Cross Country

Coaches:

- Ryan Jennings

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season	@ Mount Markham	8:10 AM		HS Track		NL
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Gloversville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 18, 2024	Wed	Regular Season	Sherburne-Earlville, Herkimer, West Canada Valley @ Hamilton	4:30 PM		Colgate Cross Coutry trails		L
Sep 21, 2024	Sat	Regular Season	@ Baldwinsville	9:00 AM	6:30 PM	Bville - Durgee Cross Country Trail		NL
Sep 25, 2024	Wed	Regular Season	Cooperstown (Cooperstown/Milford), Mount Markham, Owen D. Young (Richfield/ODY) @ Waterville	4:30 PM		Waterville H S		L
Oct 9, 2024	Wed	Regular Season	Canastota, Sauquoit Valley @ New York Mills	4:30 PM		N Y Mills J/S HS		L
Oct 16, 2024	Wed	Regular Season	Little Falls, Poland @ Remsen (Remsen/Town of Webb)	4:30 PM		Remsen Jr/Sr H.S.		L
Oct 26, 2024	Sat	Regular Season (Center State Conference Championships)	Clinton, Canastota, Owen D. Young (Richfield/ODY), Poland, Hamilton, Sherburne-Earlville, Herkimer, West Canada Valley, Cooperstown (Cooperstown/Milford), Mount Markham, Dolgeville, Little Falls, New York Mills, Remsen (Remsen/Town of Webb), Sauquoit Valley, Waterville @ Westmoreland	TBD	8:30 PM	Westmoreland H S		L

Date: 2024-08-16