



**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 (Mustang Invitational)	Remsen (Remsen/Town of Webb), Phoenix, Holland Patent, Tully, Cato-Meridian (Blue Devils), South Lewis, Whitesboro, Clinton, Waterville, Beaver River, Vernon-Verona- Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero- North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Homer, TBD, Indian River, Jamesville- Dewitt, Jordan- Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ 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	@ TBD	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 5, 2024	Sat	Regular Season (Adirondack Invite)	@ DeRuyter	TBD		Adirondack HS		L
Oct 9, 2024	Wed	Regular Season (Meet will be held at the Deerfield Wilderness Park)	Canastota, Sauquoit Valley @ New York Mills	4:30 PM		N Y Mills J/S HS		L
Oct 11, 2024	Fri	Meet (Chittenango Boys Twilight Invitational )	Vs. Multiple	4:00 PM	6:30 PM	Chittenango HS- XC Course, Chittenango HS- Stadium		NL
Oct 16, 2024	Wed	Regular Season	Little Falls, Poland @ Remsen (Remsen/Town of Webb)	4:30 PM		Remsen Jr/Sr H.S.		L
Oct 19, 2024	Sat	Regular Season (Beaver River Cross Country Invitational)	@ Beaver River	9:00 AM	6:30 PM	Beaver River H S		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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: 2024-09-18