



Albany High School

(G) V Cross Country

Coaches:

- Amanda Davey

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Meet (Blackbird Invitational)	Vs. Multiple	9:00 AM		Wallace Park- New Scotland	Departure Time: 7:30 AM	NL
Sep 9, 2024	Mon	Practice (Practice at Capitol Hills Golf Course)	N/A	4:00 PM		Capital Hills Golf Course	Departure Time: 3:45 PM	
Sep 10, 2024	Tue	Regular Season	Bethlehem High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 2:45 PM	L
Sep 14, 2024	Sat	Meet (Queensbury Invitational)	Vs. Multiple	9:00 AM		TBD	Departure Time: 7:00 AM	NL
Sep 16, 2024	Mon	Practice (Practice at Capitol Hills Golf Course)	N/A	4:00 PM		Capital Hills Golf Course	Departure Time: 3:45 PM	
Sep 17, 2024	Tue	Regular Season	Niskayuna High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park	Departure Time: 2:45 PM	L
Sep 21, 2024	Sat	Meet (Broadalbin-Perth Invitational)	Vs. Multiple	9:00 AM		TBD	Departure Time: 7:00 AM	NL
Sep 23, 2024	Mon	Practice (Practice at Capitol Hills Golf Course)	N/A	4:00 PM		Capital Hills Golf Course	Departure Time: 3:45 PM	
Sep 24, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Shaker High School, Columbia High School	4:15 PM	5:55 PM	Capital Hills Golf Course	Departure Time: 2:45 PM	L
Sep 30, 2024	Mon	Practice (Practice at Capitol Hills Golf Course)	N/A	4:00 PM		Capital Hills Golf Course	Departure Time: 3:45 PM	
Oct 1, 2024	Tue	Regular Season	Schenectady High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Time: 2:30 PM	L
Oct 5, 2024	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM		TBD	Departure Time: 7:00 AM	NL
Oct 7, 2024	Mon	Practice (Practice at Capitol Hills Golf Course)	N/A	4:00 PM		Capital Hills Golf Course	Departure Time: 3:45 PM	
Oct 8, 2024	Tue	Regular Season	Shenendehowa High School, Guilderland High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 2:15 PM	L
Oct 11, 2024	Fri	Meet (Kiwanis Glover Invitational)	Vs. Multiple	9:00 AM		Maple Hill XC Invitational	Departure Time: 7:30 AM	NL
Oct 14, 2024	Mon	Practice (Practice at Capitol Hills Golf Course)	N/A	4:00 PM		Capital Hills Golf Course	Departure Time: 3:45 PM	
Oct 21, 2024	Mon	Practice (Practice at Capitol Hills Golf Course)	N/A	4:00 PM		Capital Hills Golf Course	Departure Time: 3:45 PM	
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Time: 12:00 PM Return Date: 3:15 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 28, 2024	Mon	Practice (Practice at Capitol Hills Golf Course)	N/A	4:00 PM		Capital Hills Golf Course	Departure Time: 3:45 PM	

Date: 2024-07-19