



# Albany High School

## (B) MOD9 Cross Country

### Coaches:

- Adela Holodak

| DATE         | WEEK DAY | TYPE                               | OPPONENTS   | START TIME | END TIME | LOCATION                   | TRANSPORTATION                 | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------------------|---|------------|----------|----------------------------|--------------------------------|---------------------|
| Sep 18, 2024 | Wed      | Regular Season                     | Niskayuna High School (Modified), Christian Brothers Academy, Albany @ Ballston Spa High School | 4:30 PM    | 6:10 PM  | TBD                        | <b>Departure Time:</b> 2:30 PM | L                   |
| Sep 25, 2024 | Wed      | Regular Season                     | Burnt Hills-Ballston Lake HS, Shaker High School, Columbia High School                          | 4:30 PM    | 6:10 PM  | Capital Hills Golf Course  | <b>Departure Time:</b> 2:20 PM | L                   |
| Oct 5, 2024  | Sat      | Meet (Grout Invitational)          | Vs. Multiple  | 9:00 AM    |          | Schenectady central park   | <b>Departure Time:</b> 7:00 AM | NL                  |
| Oct 9, 2024  | Wed      | Regular Season                     | Shenendehowa High School, Guilderland High School @ Saratoga Springs High School                | 4:30 PM    | 6:10 PM  | Saratoga Spa State Park    | <b>Departure Time:</b> 2:20 PM | L                   |
| Oct 11, 2024 | Fri      | Meet (Kiwanis Glover Invitational) | Vs. Multiple  | 9:00 AM    |          | Maple Hill XC Invitational |                                | NL                  |
| Oct 16, 2024 | Wed      | Regular Season                     | Bethlehem High School @ Colonie High School   | 4:30 PM    | 6:10 PM  | Colonie Town Park          | <b>Departure Time:</b> 2:20 PM | L                   |
| Oct 22, 2024 | Tue      | Regular Season                     | Schenectady High School (Modified) @ Averill Park High School                                   | 4:30 PM    | 6:10 PM  | APHS Cross Country Course  | <b>Departure Time:</b> 2:20 PM | L                   |
| Oct 26, 2024 | Sat      | Meet (SSC Championships)           | Vs. Multiple  | 9:00 AM    |          | Saratoga Spa State Park    | <b>Departure Time:</b> 7:30 AM | NL                  |

Date: 2024-08-19