



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	Departure Time: 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	Departure Time: 2:20 PM	L
Oct 5, 2024	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM		Schenectady central park	Departure Time: 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	Departure Time: 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	TBD	Departure Time: 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	Departure Time: 2:20 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM		Saratoga Spa State Park	Departure Time: 7:30 AM	NL

Date: 2024-07-19