



# 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
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 16, 2024	Wed	Regular Season	Bethlehem High School @ Colonie High School	4:30 PM	6:10 PM	TBD	<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: 2024-07-01