



Averill Park High School

(G) V Cross Country

Coaches:

- Wendy Glunk, Head Coach
- Gordon Kaedy, Asst Coach

| 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 | 11:55 AM | New Scotland Town Park | Departure Point: APHS Departure Time: 7:00 AM | NL |
| Sep 10, 2024 | Tue | Regular Season | Niskayuna High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School | 5:15 PM | 6:55 PM | Shen Cross Country Trail | Departure Point: APHS Departure Time: 3:30 PM | L |
| Sep 14, 2024 | Sat | Meet (Queensbury-Adirondack Classic Invitational) | Vs. Multiple | 9:00 AM | 2:25 PM | Queensbury HS | Departure Point: APHS Departure Time: 8:00 AM | NL |
| Sep 17, 2024 | Tue | Regular Season | Guilderland High School @ Shaker High School | 4:15 PM | 5:55 PM | Colonie Mohawk River Town Park | Departure Point: APHS Departure Time: 2:30 PM | L |
| Sep 24, 2024 | Tue | Regular Season | Colonie High School, Ballston Spa High School @ Saratoga Springs High School | 4:15 PM | 5:55 PM | Saratoga Spa State Park | Departure Point: APHS Departure Time: 2:30 PM | L |
| Sep 28, 2024 | Sat | Meet (EJ Herrmann Invitational) | Vs. Multiple | 9:30 AM | 2:10 PM | Proctor Park | Departure Point: APHS Departure Time: 7:30 AM | NL |
| Oct 1, 2024 | Tue | Regular Season | Albany High School, Schenectady High School | 4:15 PM | 5:55 PM | Schodack Island State Park | | L |
| Oct 5, 2024 | Sat | Meet (Grout Invitational) | Vs. Multiple | 9:00 AM | 1:25 PM | Central Park | | NL |
| Oct 8, 2024 | Tue | Regular Season | Bethlehem High School @ Columbia High School | 4:15 PM | 5:55 PM | Cross Country B&G - Schodack Island State Park | Departure Point: APHS Departure Time: 2:30 PM | L |
| Oct 13, 2024 | Sun | Meet (Manhattan College Invitational) | Vs. Multiple | 9:00 AM | 3:55 PM | Van Cortlandt Park | | NL |
| Oct 18, 2024 | Fri | Meet (Rensselaer County Meet) | Vs. Multiple | 3:30 PM | 5:55 PM | Grafton State Park | | NL |
| Oct 26, 2024 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | Departure Point: APHS | NL |
| Nov 9, 2024 | Sat | Meet (Section 2 Championships) | Vs. Multiple | 11:00 AM | 2:55 PM | Queensbury HS | | NL |

Date: 2024-09-18