



# Averill Park High School

## (B) 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	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:00 AM	NL
Sep 28, 2024	Sat	Meet (EJ Herrmann Invitational)	Vs. Multiple	9:30 AM	2:10 PM	Proctor Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 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	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Oct 5, 2024	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM	1:25 PM	Central Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:30 AM	NL
Oct 13, 2024	Sun	Meet (Manhattan College Invitational)	Vs. Multiple	9:00 AM	3:55 PM	Van Cortlandt Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 5:00 AM	NL
Oct 18, 2024	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM	5:55 PM	Grafton State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 1:30 PM	NL

Date: 2024-09-14