



Niskayuna High School

(B) V Cross Country

Coaches:

- Jason DeRocco, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 27, 2024	Tue	Practice (Regional Food Bank Patroon Land Farm Voorheesville)	N/A	9:00 AM		TBD		Departure Point: HS Departure Time: 8:15 AM	
Aug 29, 2024	Thu	Practice	N/A	7:45 AM		SPAC		Departure Point: HS Departure Time: 7:00 AM	
Sep 3, 2024	Tue	Practice	N/A	8:00 AM		Central Park Tennis Courts		Departure Point: HS Departure Time: 7:30 AM	
Sep 4, 2024	Wed	Practice (Off Site Practice)	N/A	8:15 AM		TBD		Departure Point: HS Departure Time: 7:45 AM	
Sep 7, 2024	Sat	Regular Season (16th Annual Niskayuna XC Ekiden)	Schuylerville	9:30 AM		Iroquois Middle School			L
Sep 7, 2024	Sat	Regular Season (Ekiden)	Schenectady High School	9:30 AM	5:55 PM	Iroquois Middle School			NL
Sep 10, 2024	Tue	Regular Season	Averill Park High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School	4:15 PM	5:55 PM	Shen Cross Country Trail	Class Dismissal: 2:20 PM	Departure Point: HS Departure Time: 2:30 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invitational at Queensbury HS)	@ TBD	9:45 AM		Queensbury High School		Departure Point: HS Departure Time: 6:45 AM	L
Sep 17, 2024	Tue	Regular Season	Albany High School, Christian Brothers Academy, Albany @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park	Class Dismissal: 2:20 PM	Departure Point: HS Departure Time: 2:30 PM	L
Sep 24, 2024	Tue	Regular Season	Schenectady High School, Bethlehem High School, Guilderland High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational at Proctor Park, Utica)	@ TBD	11:00 AM		TBD		Departure Point: HS Departure Time: 7:15 AM	NL

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Oct 1, 2024	Tue	Regular Season	Columbia High School, Saratoga Springs High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Oct 4, 2024	Fri	Regular Season (Holmdel Park, new Jersey)	@ TBD	TBD		TBD	Class Dismissal: 11:45 AM	Departure Point: HS/coach bus Departure Time: 12:00 PM	NL
Oct 5, 2024	Sat	Regular Season (Holmdel Park New Jersey)	@ TBD	12:00 PM		TBD			L
Oct 8, 2024	Tue	Regular Season	Shaker High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	Class Dismissal: 2:25 PM	Departure Point: HS Departure Time: 2:40 PM	L
Oct 12, 2024	Sat	Regular Season	Lake George, Saratoga Springs High School, Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		Departure Point: HS Departure Time: 7:00 AM	NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		Departure Point: HS Departure Time: 11:30 AM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals at Queensbury)	@ TBD	11:00 AM		Queensbury High School		Departure Point: HS Departure Time: 8:30 AM	L
Nov 16, 2024	Sat	Post-Season (States at Queensbury)	@ TBD	TBD		TBD		Departure Point: HS	L
Nov 23, 2024	Sat	Post-Season (Federations at Bowdoin Park Wappingers Falls)	@ TBD	12:15 PM		TBD		Departure Point: HS/School Charter Departure Time: 8:00 AM	NL

Date: 2024-07-28