



# Niskayuna High School

## (B) V Cross Country

### Coaches:

- Jason DeRocco, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 27, 2024	Tue	Practice (Regional Food Bank Patroon Land Farm Voorheesville)	N/A	9:00 AM		TBD	<b>Departure Point:</b> HS <b>Departure Time:</b> 8:15 AM	
Aug 29, 2024	Thu	Practice	N/A	7:45 AM		SPAC	<b>Departure Point:</b> HS <b>Departure Time:</b> 7:00 AM	
Sep 3, 2024	Tue	Practice	N/A	8:00 AM		Central Park Tennis Courts	<b>Departure Point:</b> HS <b>Departure Time:</b> 7:30 AM	
Sep 4, 2024	Wed	Practice (Off Site Practice)	N/A	8:15 AM		TBD	<b>Departure Point:</b> HS <b>Departure Time:</b> 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 24, 2024	Tue	Regular Season	Schenectady High School, Bethlehem High School, Guilderland High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Oct 1, 2024	Tue	Regular Season	Columbia High School, Saratoga Springs High School	4:15 PM	5:55 PM	Iroquois Middle School		L

Date: 2024-07-28