



Niskayuna High School

(B) MOD9 Cross Country (Modified)

Coaches:

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------|--|------------|----------|--------------------------|--|---------------------|
| Sep 18, 2024 | Wed | Regular Season | Albany High School, Christian Brothers Academy, Albany @ Ballston Spa High School | 4:30 PM | 6:10 PM | TBD | Departure Point: Va, Iroq Departure Time: 2:50 PM | L |
| Sep 25, 2024 | Wed | Regular Season | Schenectady High School (Modified), Bethlehem High School, Guilderland High School | 4:30 PM | 6:10 PM | Iroquois Middle School | | L |
| Oct 9, 2024 | Wed | Regular Season | Shaker High School @ Colonie High School | 4:30 PM | 6:10 PM | TBD | Departure Point: Va, Iroq Departure Time: 2:50 PM | L |
| Oct 16, 2024 | Wed | Regular Season | Averill Park High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School | 4:30 PM | 6:10 PM | Shen Cross Country Trail | Departure Point: Va, Iroq Departure Time: 3:00 PM | L |
| Oct 22, 2024 | Tue | Regular Season | Columbia High School, Saratoga Springs High School | 4:30 PM | 6:10 PM | Iroquois Middle School | | L |
| Oct 26, 2024 | Sat | Meet (SSC Championships) | Vs. Multiple | 9:00 AM | | Saratoga Spa State Park | Departure Point: Craig Departure Time: 7:00 AM | NL |

Date: 2024-07-19