



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
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 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