



Albany High School

(G) V Cross Country

Coaches:

- Amanda Davey

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Track		
Sep 6, 2022	Tue	Regular Season 15-22-15-50 W	Columbia High School, Guilderland High School @ Schenectady High School	4:30 PM	5:55 PM	Iroquois Middle School, Niskayuna		L
Sep 14, 2022	Wed	Regular Season 50-15-15 L	Bethlehem High School @ Shenendehowa High School	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Monroe-Woodbury, Ballston Spa High School, Schuylerville, Niskayuna High School, Schenectady High School, South Glens Falls, Saratoga Springs High School, Coxsackie-Athens, Glens Falls, Granville (Granville-Whitehall-Hartford), Shaker High School, Roy C Ketcham/ Wappingers JHS, Remsen, Amsterdam, John Jay HS/ Van Wyck JHS, Colonie High School, Our Lady of Lourdes, Maple Hill, Chatham @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 20, 2022	Tue	Regular Season	Shaker High School, Burnt Hills-Ballston Lake HS, Saratoga Springs High School	4:15 PM	5:55 PM	Capital Hills Golf Course		L
Sep 27, 2022	Tue	Regular Season	Ballston Spa High School @ Colonie High School	4:15 PM	5:55 PM	The Crossings of Colonie		L
Oct 11, 2022	Tue	Regular Season	Troy, Niskayuna High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park		L

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Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Niskayuna High School, Schenectady High School, South Glens Falls, Oneonta, Saratoga Springs High School, Granville (Granville-Whitehall-Hartford), Shaker High School, Schuylerville, Guilderland High School, Ballston Spa High School, Queensbury, Colonie High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		NL

Date: 2025-12-15