



Albany High School

(G) V Cross Country

Coaches:

- Dan Wehle, Head Coach
- Amanda Davey

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---|------------|----------|--------------------------------------|----------------|---------------------|
| Sep 2, 2023 | Sat | Regular Season (Ekiden) | Schenectady High School, Schuylerville, Shaker High School, Colonie High School, Queensbury, Shenendehowa High School @ Niskayuna High School | 9:00 AM | | Iroquois Middle School | | NL |
| Sep 5, 2023 | Tue | Regular Season | Colonie High School, Troy @ Bethlehem High School | 4:15 PM | 5:55 PM | Elm Avenue Park | | L |
| Sep 12, 2023 | Tue | Regular Season | Niskayuna High School, Ballston Spa High School | 4:15 PM | 5:55 PM | Capital Hills Golf Course | | L |
| Sep 16, 2023 | Sat | Regular Season (BP Cross Country Invitational) | Mayfield, Johnstown, South Glens Falls, Granville (Granville-Whitehall-Hartford), Gloversville @ Broadalbin-Perth | 9:00 AM | | BPHS Cross Country Trail | | NL |
| Sep 19, 2023 | Tue | Regular Season | Burnt Hills-Ballston Lake HS, Columbia High School @ Shaker High School | 4:15 PM | 5:55 PM | Colonie Town Park | | L |
| Sep 23, 2023 | Sat | Regular Season (Queensbury invitational) | Amsterdam, Schenectady High School, Schuylerville, Hadley-Luzerne (Corinth/Hadley Luzerne), Glens Falls, Shaker High School, Greenville, Ballston Spa High School, Chittenango, Shenendehowa High School, Maple Hill, Troy, Scotia-Glenville @ Queensbury | 9:00 AM | | Queensbury HS, Trails @ Elem. School | | L |
| Oct 3, 2023 | Tue | Regular Season | Averill Park High School, Schenectady High School | 4:15 PM | 5:55 PM | Capital Hills Golf Course | | L |
| Oct 7, 2023 | Sat | Regular Season (Grout Run Invitational) | Amsterdam, Shaker High School, Colonie High School @ Schenectady High School | 9:00 AM | 4:00 PM | Central Park | | L |
| Oct 10, 2023 | Tue | Regular Season | Shenendehowa High School, Saratoga Springs High School @ Guilderland High School | 4:15 PM | 5:55 PM | Tawasentha Park | | L |

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|--------------|----------|--|--|------------|----------|-------------------------|--------------------------|---------------------|
| Oct 14, 2023 | Sat | Regular Season (Burnt Hills Invitational) | Jamesville-Dewitt, Schuylerville, Granville (Granville-Whitehall-Hartford), Johnstown, Edmeston (Edmeston/Morris), Shaker High School, Ballston Spa High School, Colonie High School, Shenendehowa High School, Scotia-Glenville, Greenville, Queensbury, Troy, Glens Falls @ Burnt Hills-Ballston Lake HS | 8:00 AM | | Saratoga Spa State Park | | NL |
| Oct 20, 2023 | Fri | Regular Season (Albany County Championships @ New Scotland Park) | TBD @ TBD | 3:40 PM | | TBD | Departure Time: 2:00 PM | NL |
| Oct 28, 2023 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:00 PM | 3:55 PM | Saratoga Spa State Park | Departure Time: 12:00 PM | NL |
| Nov 4, 2023 | Sat | Post-Season (Section 2 Varsity Cross Country Championships @ Queensbury) | @ TBD | 2:30 PM | 3:15 PM | TBD | Departure Time: 11:00 AM | NL |

Date: 2024-04-28