



Albany High School

(B) V Cross Country

Coaches:

- Dan Wehle
- Evin Guinan

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|--|----------------------------------|--|---------------------|
| Aug 31, 2019 | Sat | Regular Season (Ekiden) | Shenendehowa High School, Shaker High School @ Niskayuna High School | 9:30 AM | | Iroquois Middle School | | | L |
| Sep 7, 2019 | Sat | Regular Season (Blackbird Invitational) | @ Voorheesville | 9:00 AM | | TBD | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot | NL |
| Sep 10, 2019 | Tue | Regular Season | Colonie High School, Shaker High School @ Columbia High School | 4:15 PM | 5:55 PM | Cross Country B&G - Schodack Island State Park | | | L |
| Sep 14, 2019 | Sat | Regular Season (Fonda-Fultonville Invy) | @ Fonda-Fultonville | 9:30 AM | | Fonda-Fultonville HS | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot Departure Time: 7:30 AM | NL |
| Sep 17, 2019 | Tue | Regular Season | Bethlehem High School, Guilderland High School | 4:15 PM | 6:30 PM | Capital Hills Golf Course | | | L |
| Sep 24, 2019 | Tue | Regular Season | Christian Brothers Academy, Albany, Troy @ Niskayuna High School | 4:15 PM | 5:55 PM | Iroquois Middle School | | | L |
| Sep 28, 2019 | Sat | Regular Season (Galway Invy- at Bob's Trees 1227 West Galway Rd.- Galway, NY 12074) | @ Galway | 10:00 AM | | TBD | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot Departure Time: 7:30 AM | NL |
| Oct 2, 2019 | Wed | Regular Season | Saratoga Springs High School, Averill Park High School @ Ballston Spa High School | 4:15 PM | 5:55 PM | Saratoga Spa State Park | | | L |
| Oct 5, 2019 | Sat | Meet (Grout Run) | Vs. Multiple | 9:00 AM | | Central Park | | | NL |
| Oct 12, 2019 | Sat | Regular Season (Maple Hill High School Kiwanis Glover Cross Country Invitational) | Rensselaer, Catskill, Columbia High School, Taconic Hills, Ravena-Coeymans, Gloversville, Ichabod Crane @ Maple Hill | 10:30 AM | | MHHS Cross Country Course | | | NL |

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|--------------|----------|--|--|------------|----------|-------------------------|----------------------------------|--|---------------------|
| Oct 15, 2019 | Tue | Regular Season | Schenectady High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School | 4:15 PM | 5:55 PM | Saratoga Spa State Park | | | L |
| Oct 18, 2019 | Fri | Regular Season (Albany County Meet- Colonie Town Park) | @ TBD | TBD | | TBD | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot | NL |
| Oct 26, 2019 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | | | NL |
| Nov 1, 2019 | Fri | Post-Season (Sectionals) | TBD | TBD | | TBD | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot | L |

Date: 2026-01-21