



Albany High School

(B) V Cross Country

Coaches:

- John Deer, Head Coach

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		MH 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: 2024-05-04