



Albany High School

(B) V Cross Country

Coaches:

- Dan Wehle
- Evin Guinan

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		
Aug 27, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	Track		
Sep 6, 2022	Tue	Regular Season	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	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)	Ballston Spa High School, Schuylerville, Christian Brothers Academy, Albany, Niskayuna High School, Monroe-Woodbury, Saratoga Springs High School, Colonie High School, Schenectady High School, South Glens Falls, Coxsackie-Athens, Glens Falls, Chittenango, Granville (Granville-Whitehall-Hartford), Shaker High School, Remsen (Remsen), Roy C Ketcham/ Wappingers JHS, North Warren, Maple Hill, Chatham, Scotia-Glenville @ 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 @ Christian Brothers Academy, Albany	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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Saratoga Springs High School, Niskayuna High School, Schenectady High School, South Glens Falls, Granville (Granville-Whitehall-Hartford), Oneonta, Schuylerville, Shaker High School, 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: 2025-12-05