



# Albany High School

## (B) V Cross Country

### Coaches:

- John Deer, Head Coach

| DATE         | WEEK DAY | TYPE                        | OPPONENTS   | START TIME | END TIME   | LOCATION                         | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|-----------------------------|---|------------|------------|----------------------------------|----------------|---------------------|
| Sep 10, 2024 | Tue      | Regular Season              | Bethlehem High School @<br>Colonie High School  | 4:15<br>PM | 5:55<br>PM | TBD                              |                | L                   |
| Sep 17, 2024 | Tue      | Regular Season              | Niskayuna High School,<br>Christian Brothers<br>Academy, Albany @<br>Ballston Spa High School | 4:15<br>PM | 5:55<br>PM | TBD                              |                | L                   |
| Sep 24, 2024 | Tue      | Regular Season              | Burnt Hills-Ballston Lake<br>HS, Shaker High School,<br>Columbia High School                  | 4:15<br>PM | 5:55<br>PM | Capital Hills<br>Golf Course     |                | L                   |
| Oct 1, 2024  | Tue      | Regular Season              | Schenectady High School<br>@ Averill Park High<br>School                                      | 4:15<br>PM | 5:55<br>PM | Schodack<br>Island State<br>Park |                | L                   |
| Oct 8, 2024  | Tue      | Regular Season              | Shenendehowa High<br>School, Guilderland High<br>School @ Saratoga<br>Springs High School     | 4:15<br>PM | 5:55<br>PM | Saratoga<br>Spa State<br>Park    |                | L                   |
| Oct 26, 2024 | Sat      | Meet (SSC<br>Championships) | Vs. Multiple  | 1:30<br>PM |            | Saratoga<br>Spa State<br>Park    |                | NL                  |

Date: 2024-04-29