



Albany High School

(B) MOD9 Cross Country

Coaches:

- Adela Holodak
- Alyssa Valachovic

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2019	Wed	Regular Season	Colonie High School, Shaker High School	4:15 PM	5:55 PM	Washington Park		L
Sep 18, 2019	Wed	Regular Season	Bethlehem High School, Guilderland High School	4:15 PM	6:00 PM	Washington Park		L
Sep 26, 2019	Thu	Regular Season	Christian Brothers Academy, Albany @ Niskayuna High School (Modified)	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	TBD		TBD		NL
Oct 3, 2019	Thu	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 16, 2019	Wed	Regular Season	Schenectady High School (Modified), Burnt Hills-Ballston Lake HS @ Shenendehowa High School	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL

Date: 2026-03-16