



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
Aug 29, 2022	Mon	Practice (Coach Holodak - aholodak@albany.k12.ny.us)	N/A	3:45 PM	5:00 PM	Track		
Aug 29, 2022	Mon	Practice (Coach Holodak - aholodak@albany.k12.ny.us)	N/A	3:45 PM	5:00 PM	Track		
Aug 30, 2022	Tue	Practice (Coach Holodak - aholodak@albany.k12.ny.us)	N/A	3:45 PM	5:00 PM	Track		
Aug 31, 2022	Wed	Practice (Coach Holodak - aholodak@albany.k12.ny.us)	N/A	3:45 PM	5:00 PM	Track		
Sep 1, 2022	Thu	Practice (Coach Holodak - aholodak@albany.k12.ny.us)	N/A	3:45 PM	5:00 PM	Track		
Sep 2, 2022	Fri	Practice (Coach Holodak - aholodak@albany.k12.ny.us)	N/A	3:45 PM	5:00 PM	Track		
Sep 21, 2022	Wed	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 28, 2022	Wed	Regular Season	Ballston Spa High School, Colonie High School @ Christian Brothers Academy, Albany	4:30 PM	5:55 PM	CBA Track		L
Oct 12, 2022	Wed	Regular Season	Niskayuna High School (Modified) @ Averill Park High School	4:30 PM	6:10 PM	APHS Cross Country Course		L
Oct 19, 2022	Wed	Regular Season	Columbia High School, Guilderland High School @ Schenectady High School (Modified)	4:30 PM	5:55 PM	Central Park		L
Oct 25, 2022	Tue	Regular Season	Bethlehem High School @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail		L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park		NL

Date: 2026-04-02