



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 13, 2023	Wed	Regular Season	Niskayuna High School (Modified), Ballston Spa High School, Christian Brothers Academy, Albany	4:30 PM	6:10 PM	Capital Hills Golf Course		L
Sep 20, 2023	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School @ Shaker High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park		L
Sep 27, 2023	Wed	Regular Season	Colonie High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park		L
Oct 4, 2023	Wed	Regular Season	Averill Park High School, Schenectady High School (Modified)	4:30 PM	6:10 PM	Capital Hills Golf Course		L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Shaker High School, Ballston Spa High School @ Schenectady High School (Modified)	9:00 AM	1:30 PM	Central Park		L
Oct 11, 2023	Wed	Regular Season	Shenendehowa High School, Saratoga Springs High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park		L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park	Departure Time: 7:00 AM	NL

Date: 2026-04-03