



# Albany High School

## (G) MOD9 Cross Country

### Coaches:

- Adela Holodak
- Alyssa Valachovic

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 26, 2018	Wed	Regular Season	Colonie High School, Schenectady High School (Modified) @ Guilderland High School	4:15 PM		Tawasentha Park	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> AHS Washington Ave Parking Lot <b>Departure Time:</b> 3:00 PM	L
Oct 3, 2018	Wed	Regular Season	Bethlehem High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Modified) @ Niskayuna High School (Modified)	4:15 PM		Iroquois Middle School	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> AHS Washington Ave Parking Lot <b>Departure Time:</b> 3:00 PM	L
Oct 10, 2018	Wed	Regular Season	Bethlehem High School, Shenendehowa High School	4:15 PM		TBD			L
Oct 17, 2018	Wed	Regular Season	Ballston Spa High School, Burnt Hills-Ballston Lake HS @ Averill Park High School	4:15 PM		APHS Cross Country Course	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> AHS Washington Ave Parking Lot <b>Departure Time:</b> 2:45 PM	L
Oct 30, 2018	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM		Saratoga Spa State Park	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> AHS Washington Ave Parking Lot <b>Departure Time:</b> 11:45 AM	NL

Date: 2026-01-25