



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 | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot | 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 | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot | 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 | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot | L |
| Oct 30, 2018 | Tue | Meet (SSC Championships) | Vs. Multiple | 4:00 PM | | Saratoga Spa State Park | Bus/Driver: First Student | Departure Point: AHS Washington Ave Parking Lot | NL |

Date: 2026-01-25