



# 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 18, 2024	Wed	Regular Season	Niskayuna High School (Modified) @ Ballston Spa High School	4:30 PM	6:10 PM	Ballston Spa Track	<b>Bus/Driver:</b> First Student	<b>Departure Time:</b> 2:20 PM <b>Return Date:</b> <b>Return Time:</b> 6:10 PM	L
Sep 25, 2024	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Shaker High School, Columbia High School	4:30 PM	6:10 PM	Capital Hills Golf Course		<b>Departure Time:</b> 2:20 PM	L
Oct 5, 2024	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM		TBD		<b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 10:00 AM	NL
Oct 9, 2024	Wed	Regular Season	Shenendehowa High School, Guilderland High School @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park	<b>Bus/Driver:</b> First Student	<b>Departure Time:</b> 2:20 PM <b>Return Date:</b> <b>Return Time:</b> 6:10 AM	L
Oct 11, 2024	Fri	Meet (Kiwanis Glover Invitational)	Vs. Multiple	3:30 PM		Maple Hill XC Invitational		<b>Departure Time:</b> 12:30 PM <b>Return Date:</b> <b>Return Time:</b> 4:15 PM	NL
Oct 16, 2024	Wed	Regular Season	Bethlehem High School @ Colonie High School	4:30 PM	6:10 PM	Colonie Town Park	<b>Bus/Driver:</b> First Student	<b>Departure Time:</b> 2:20 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Oct 22, 2024	Tue	Regular Season	Schenectady High School (Modified) @ Averill Park High School	4:30 PM	6:10 PM	APHS Cross Country Course	<b>Bus/Driver:</b> First Student	<b>Departure Time:</b> 2:20 PM <b>Return Date:</b> <b>Return Time:</b> 6:10 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park		<b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 10:30 AM	NL

Date: 2025-12-05