



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 17, 2025	Wed	Regular Season	Shaker High School, Bethlehem High School	4:30 PM	6:10 PM	Westland Hills Park Zoar Ave. Albany, NY 12201		Departure Time: 1:45 PM Return Date: Return Time: 5:15 PM	L
Sep 20, 2025	Sat	Regular Season (Broadalbin Perth Cross Country Invitational)	@ TBD	9:00 AM		TBD	Bus/Driver: First student	Departure Time: 7:00 AM Return Date: Return Time: 10:30 AM	NL
Sep 24, 2025	Wed	Regular Season	Ballston Spa High School, Schenectady High School (Modified) @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park	Bus/Driver: First Student	Departure Time: 1:30 PM Return Date: Return Time: 5:15 PM	L
Oct 4, 2025	Sat	Regular Season (Grout Run Schenectady)	@ TBD	9:00 AM		TBD	Bus/Driver: First student	Departure Time: 7:00 AM Return Date: Return Time: 10:30 AM	NL
Oct 8, 2025	Wed	Regular Season	Shenendehowa High School, Averill Park High School	4:30 PM	6:10 PM	Westland Hills Park Zoar Ave. Albany, NY 12201	Bus/Driver: First Student	Departure Time: 1:45 PM Return Date: Return Time: 6:10 PM	L
Oct 10, 2025	Fri	Regular Season (Kiwanis Glover Cross Country Invitational at Maple Hill)	@ TBD	3:30 AM		TBD	Bus/Driver: First student	Departure Time: 12:45 PM Return Date: Return Time: 5:00 PM	NL
Oct 15, 2025	Wed	Regular Season	Niskayuna High School (Modified) @ Colonie High School	4:30 PM	6:10 PM	Colonie Town Park		Departure Time: 2:15 PM Return Date: Return Time: 5:15 PM	L
Oct 22, 2025	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Saratoga Springs High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park	Bus/Driver: First Student	Departure Time: 1:30 PM Return Date: Return Time: 5:30 PM	L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park		Departure Time: 7:00 AM Return Date: Return Time: 10:30 AM	NL

Date: 2025-12-05