



# Christian Brothers Academy, Albany

## (B) V Cross Country

### Coaches:

- Tom O'Malley, Head Coach
- Neil Dickinson, Asst Coach
- Justin Van Epps, Asst Coach

| DATE         | WEEK DAY | TYPE                                                | OPPONENTS                                                                  | START TIME | END TIME | LOCATION                             | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|-----------------------------------------------------|----------------------------------------------------------------------------|------------|----------|--------------------------------------|----------------|---------------------|
| Sep 5, 2023  | Tue      | Regular Season                                      | Schenectady High School, Shaker High School @ Saratoga Springs High School | 6:00 PM    | 7:55 PM  | Saratoga Spa State Park              |                | L                   |
| Sep 9, 2023  | Sat      | Regular Season (Blackbird INVY)                     | @ TBD                                                                      | 9:00 AM    |          | Wallace Park                         |                | NL                  |
| Sep 12, 2023 | Tue      | Regular Season                                      | Niskayuna High School, Ballston Spa High School @ Albany High School       | 4:15 PM    | 5:55 PM  | Capital Hills Golf Course            |                | L                   |
| Sep 19, 2023 | Tue      | Regular Season                                      | Troy @ Shenendehowa High School                                            | 4:15 PM    | 5:55 PM  | Shen Cross Country Trail             |                | L                   |
| Sep 23, 2023 | Sat      | Regular Season (Queensbury-Adirondack Classic INVY) | @ TBD                                                                      | 9:00 AM    |          | TBD                                  |                | NL                  |
| Oct 3, 2023  | Tue      | Regular Season                                      | Burnt Hills-Ballston Lake HS, Colonie High School, Guilderland High School | 4:15 PM    | 5:55 PM  | Colonie Town Park                    |                | L                   |
| Oct 7, 2023  | Sat      | Regular Season (Grout Invitational)                 | @ TBD                                                                      | 9:00 AM    |          | Central Park, Schenectady New York   |                | L                   |
| Oct 10, 2023 | Tue      | Regular Season                                      | Averill Park High School, Columbia High School @ Bethlehem High School     | 4:15 PM    | 5:55 PM  | Elm Avenue Park                      |                | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Grout Invitational)                 | @ TBD                                                                      | 9:00 AM    |          | Saratoga Spa State Park              |                | NL                  |
| Oct 20, 2023 | Fri      | Regular Season (Albany County Championships)        | @ TBD                                                                      | 3:30 PM    |          | Wallace Park                         |                | L                   |
| Oct 28, 2023 | Sat      | Meet (SSC Championships)                            | Vs. Multiple                                                               | 1:00 PM    | 3:55 PM  | Saratoga Spa State Park              |                | NL                  |
| Nov 4, 2023  | Sat      | Post-Season (Section 2 Championships)               | Johnstown, Amsterdam, Shenendehowa High School, Greenville @ Queensbury    | 10:00 AM   |          | Queensbury HS, Trails @ Elem. School |                | NL                  |
| Nov 11, 2023 | Sat      | Post-Season (New York State Championships)          | @ TBD                                                                      | TBD        |          | TBD                                  |                | L                   |

Date: 2025-12-05