

LaSalle Institute

(B) V Cross Country

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON- LEAGUE
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Shaker High School, Schenectady High School, Averill Park High School, Voorheesville, Ballston Spa High School, Rome Free Academy, Queensbury, Shenendehowa High School @ Niskayuna High School	9:30 AM		Iroquois Middle School- Niskayuna	L

Date: 2026-02-15