## Coaches:

Richard DeCarr

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 19, 2023	Tue	Regular Season	Niskayuna High School, Bethlehem High School, Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Point: SHS Departure Time: 3:00 PM	L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Shaker High School, Colonie High School, Albany High School	9:00 AM	4:00 PM	Central Park		L
Oct 7, 2023	Sat	Regular Season (Grout Cross Country Invitational)	Broadalbin-Perth	9:00 AM		Central Park, Schenectady		NL
Oct 7, 2023	Sat	Regular Season (84th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM	4:00 PM	Central Park		NL

Date: 2024-05-19