

## Coaches:

• Ed Menis, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START END TIME TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 1, 2018	Sat	Meet (EKIDEN )	Vs. Multiple	9:30 AM	Iroquois Middle School	Bus/Driver: Durham	<b>Departure Time:</b> 8:45 AM	NL
Sep 11, 2018	Tue	Regular Season	Averill Park High School, Guilderland High School @ Niskayuna High School	4:15 PM	Iroquois Middle School	<b>Bus/Driver:</b> Advantage	<b>Departure Time:</b> 3:00 PM	L
Sep 15, 2018	Sat	Meet (Adk XC Classic Invy)	Vs. Multiple	9:00 AM	Queensbury HS, Trails @ Elem. School		<b>Departure Time:</b> 7:00 AM	NL
Sep 18, 2018	Tue	Regular Season	Columbia High School @ Ballston Spa High School	4:15 PM	Saratoga State Park	Bus/Driver: Advantage	Departure Time: 3:00 PM	L
Sep 22, 2018	Sat	Meet (Tartan Invitational)	Vs. Multiple	9:00 AM	TBD	Bus/Driver: Durham	<b>Departure Time:</b> 7:30 AM	NL
Sep 25, 2018	Tue	Regular Season	Christian Brothers Academy, Albany, Albany High School @ Colonie High School	4:15 PM	The Crossings of Colonie	<b>Bus/Driver:</b> Advantage	<b>Departure Time:</b> 3:00 PM	L
Oct 2, 2018	Tue	Regular Season	Shaker High School, Shenendehowa High School, Troy	4:15 PM	Iroquois Middle School, Niskayuna		<b>Departure Time:</b> 3:00 PM	L
Oct 6, 2018	Sat	Regular Season (Grout Invitational)	Glens Falls	7:00 AM	TBD			NL
Oct 6, 2018	Sat	Regular Season (80th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM	Pat Riley Sports Center- Intramural Gym			NL
Oct 6, 2018	Sat	Regular Season (Grout Invy- @ Schenectady's Central Park)	Albany High School	9:00 AM	TBD			NL
Oct 6, 2018	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM	Central Park Middle School Upper Gym			NL
Oct 6, 2018	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM	Central Park			NL
Oct 9, 2018	Tue	Regular Season	Saratoga Springs High School, Burnt Hills-Ballston Lake HS @ Bethlehem High School	4:15 PM		<b>Bus/Driver:</b> Advantage	<b>Departure Time:</b> 3:00 PM	L

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Oct 13, 2018	Sat	Meet (Manhattan College Invitational)	Vs. Multiple	9:00 AM	3:00 PM	TBD	Bus/Driver: Durham	<b>Departure Time:</b> 5:00 AM	NL
POSTPONED Oct 27, 2018	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Bus/Driver: Durham	Departure Time: 10:00 AM Return Date: Return Time: 4:30 PM	NL
Nov 2, 2018	Fri	Post-Season	@ TBD	10:00 AM		Saratoga Spa State Park	Bus/Driver: Advantage	<b>Departure Time:</b> 9:00 AM	NL

Date: 2024-05-18