Coaches:

• Ed Menis, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2024	Tue	Regular Season	Saratoga Springs High School, Shaker High School, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna		L
Sep 17, 2024	Tue	Regular Season	Shenendehowa High School, Colonie High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Sep 24, 2024	Tue	Regular Season	Bethlehem High School, Guilderland High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Oct 1, 2024	Tue	Regular Season	Albany High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park		L
Oct 8, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Ballston Spa High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL

Date: 2024-04-23