



Averill Park High School

(G) V Cross Country

Coaches:

- Wendy Glunk, Head Coach
- Gordon Kaedy, Asst Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---|------------|----------|----------------------------|---|---------------------|
| Sep 3, 2022 | Sat | Meet (Niskayuna Ekiden) | Vs. Multiple | 9:30 AM | | Iroquois Middle School | Departure Point: APHS Departure Time: 7:45 AM | NL |
| Sep 6, 2022 | Tue | Regular Season | Burnt Hills-Ballston Lake HS, Ballston Spa High School, Bethlehem High School | 4:15 PM | 5:55 PM | Schodack Island State Park | Departure Point: APHS Departure Time: 2:30 PM | L |
| Sep 10, 2022 | Sat | Meet (Blackbird Invitational (Voorheesville)) | Vs. Multiple | 9:00 AM | | Wallace Park | Departure Point: APHS Departure Time: 7:15 AM | NL |
| Sep 14, 2022 | Wed | Regular Season | Schenectady High School @ Saratoga Springs High School | 4:15 PM | 5:55 PM | The Crossings of Colonie | Departure Point: APHS Departure Time: 2:30 PM | L |
| Sep 17, 2022 | Sat | Meet (Queensbury-Adirondack Classic Invitational) | Vs. Multiple | 9:00 AM | | Queensbury HS | Departure Point: APHS Departure Time: 7:15 AM | NL |
| Sep 20, 2022 | Tue | Regular Season | Columbia High School, Shenendehowa High School @ Colonie High School | 4:15 PM | 5:55 PM | The Crossings of Colonie | Departure Point: APHS Departure Time: 2:30 PM | L |
| Sep 24, 2022 | Sat | Meet (PIAA Foundation Invitational) | Vs. Multiple | 9:00 AM | | Hershey Park | Departure Point: APHS Departure Time: 10:30 AM | NL |
| Sep 27, 2022 | Tue | Regular Season | Shaker High School @ Guilderland High School | 4:15 PM | 5:55 PM | Tawasentha Park | Departure Point: APHS Departure Time: 2:30 PM | L |
| Oct 1, 2022 | Sat | Meet (Grout Invitational) | Vs. Multiple | 9:00 AM | | Central Park | Departure Point: APHS Departure Time: 7:30 AM | NL |
| Oct 8, 2022 | Sat | Meet (Manhattan Invitational) | Vs. Multiple | 9:05 AM | | Van Cortlandt Park | Departure Point: APHS Departure Time: 5:00 AM | NL |
| Oct 11, 2022 | Tue | Regular Season | Albany High School, Troy, Niskayuna High School | 4:15 PM | 5:55 PM | Schodack Island State Park | Departure Point: APHS Departure Time: 2:30 PM | L |
| Oct 21, 2022 | Fri | Meet (Rensselaer County Meet) | Vs. Multiple | 3:30 PM | | Grafton State Park | Departure Point: APHS Departure Time: 1:30 PM | NL |
| Oct 29, 2022 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:00 PM | 3:55 PM | Saratoga Spa State Park | Departure Point: APHS Departure Time: 10:15 AM | NL |
| Nov 5, 2022 | Sat | Meet (Section 2 Championships) | Vs. Multiple | 11:00 AM | | Queensbury HS | Departure Point: APHS Departure Time: 10:15 AM | NL |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|--------------|---------------|-------------|----------------------------|----------------|----------------------------|
| Nov 12, 2022 | Sat | Meet (NYSPHSAA Championships) | Vs. Multiple | 10:00 AM | | Cross Country Course | | NL |
| Nov 19, 2022 | Sat | Meet (NYS Federation Championships) | Vs. Multiple | 12:15 PM | | Bowdoin Park | | NL |

Date: 2025-12-05