



# Averill Park High School

## (G) V Cross Country

### Coaches:

- Wendy Glunk, Head Coach
- Tara Arsenault, Asst Coach
- Larry Quinn, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2023	Sat	Meet (Niskayuna Ekiden)	Vs. Multiple	9:30 AM		Iroquois Middle School	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:45 AM	NL
Sep 5, 2023	Tue	Regular Season	Shenendehowa High School, Niskayuna High School, Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Schodack Island State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Sep 9, 2023	Sat	Meet (Briarwood Invitational)	Vs. Multiple	12:00 PM		Belmont Plateau	<b>Departure Point:</b> APHS <b>Departure Time:</b> 9:00 AM	NL
Sep 12, 2023	Tue	Regular Season	Shaker High School, Troy @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Sep 19, 2023	Tue	Regular Season	Saratoga Springs High School, Colonie High School, Ballston Spa High School	4:15 PM	5:55 PM	Schodack Island State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Sep 23, 2023	Sat	Meet (Queensbury-Adirondack Classic Invitational)	Vs. Multiple	9:00 AM		Queensbury HS	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:15 AM	NL
Sep 30, 2023	Sat	Meet (John Killian "K-DAWG" Memorial Inviational)	Vs. Multiple	9:00 AM		Moreau Recreational Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:30 AM	NL
Oct 3, 2023	Tue	Regular Season	Schenectady High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Oct 7, 2023	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM		Central Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:30 AM	NL
Oct 10, 2023	Tue	Regular Season	Columbia High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Oct 14, 2023	Sat	Meet (Burnt Hills Invitational)	Vs. Multiple	9:00 AM		Saratoga Spa State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:00 AM	NL
Oct 20, 2023	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM		Grafton State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 1:30 PM	NL
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 10:15 AM	NL
Nov 4, 2023	Sat	Meet (Section 2 Championships)	Vs. Multiple	11:00 AM		Queensbury HS	<b>Departure Point:</b> APHS <b>Departure Time:</b> 10:15 AM	NL

Date: 2024-05-04