



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 7, 2024	Sat	Meet (Blackbird Invitational)	Vs. Multiple	9:00 AM	11:55 AM	New Scotland Town Park	Departure Point: APHS Departure Time: 7:00 AM	NL
Sep 10, 2024	Tue	Regular Season	Niskayuna High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School	5:15 PM	6:55 PM	Shen Cross Country Trail	Departure Point: APHS Departure Time: 3:30 PM	L
Sep 14, 2024	Sat	Meet (Queensbury-Adirondack Classic Invitational)	Vs. Multiple	9:00 AM	2:25 PM	Queensbury HS	Departure Point: APHS Departure Time: 8:00 AM	NL
Sep 17, 2024	Tue	Regular Season	Guilderland High School @ Shaker High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park	Departure Point: APHS Departure Time: 2:30 PM	L
Sep 24, 2024	Tue	Regular Season	Colonie High School, Ballston Spa High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Point: APHS Departure Time: 2:30 PM	L
Sep 28, 2024	Sat	Meet (EJ Herrmann Invitational)	Vs. Multiple	9:30 AM	2:10 PM	Proctor Park	Departure Point: APHS Departure Time: 7:30 AM	NL
Oct 1, 2024	Tue	Regular Season	Albany High School, Schenectady High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Point: APHS Departure Time: 2:30 PM	L
Oct 5, 2024	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM	1:25 PM	Central Park	Departure Point: APHS Departure Time: 7:30 AM	NL
Oct 8, 2024	Tue	Regular Season	Bethlehem High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Point: APHS Departure Time: 2:30 PM	L
Oct 13, 2024	Sun	Meet (Manhattan College Invitational)	Vs. Multiple	9:00 AM	3:55 PM	Van Cortlandt Park	Departure Point: APHS Departure Time: 5:00 AM	NL
Oct 18, 2024	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM	5:55 PM	Grafton State Park	Departure Point: APHS Departure Time: 1:30 PM	NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park	Departure Point: APHS Departure Time: 9:00 AM	NL
Nov 9, 2024	Sat	Meet (Section 2 Championships)	Vs. Multiple	11:00 AM	2:55 PM	Queensbury HS	Departure Point: APHS Departure Time: 8:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 16, 2024	Sat	Meet (NYSPHSAA Championships)	Vs. Multiple	10:00 AM	1:55 PM	Queensbury HS	Departure Point: APHS Departure Time: 9:15 AM	NL

Date: 2025-12-05