



Averill Park High School

(G) MOD9 Cross Country

Coaches:

- Tara Arsenault, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Sep 15, 2018	Sat	Meet (Queensbury-Adirondack Classic Invitational)	Vs. Multiple	9:00 AM		Queensbury HS	Departure Point: AMS Departure Time: 7:15 AM NL
Sep 26, 2018	Wed	Regular Season	Niskayuna High School (Modified), Shenendehowa High School @ Shaker High School	4:15 PM		Colonie Mohawk River Town Park	Departure Point: AMS Departure Time: 2:45 PM L
Oct 3, 2018	Wed	Regular Season	Shaker High School @ Colonie High School	4:15 PM		Sand Creek MS Track	Departure Point: AMS Departure Time: 3:00 PM L
Oct 6, 2018	Sat	Meet (Maple Hill Kiwanis Glover Invitational)	Vs. Multiple	9:00 AM		Maple Hill HS	Departure Point: AMS Departure Time: 7:15 AM NL
Oct 10, 2018	Wed	Regular Season	Saratoga Springs High School, Shaker High School, Schenectady High School (Modified) @ Burnt Hills-Ballston Lake HS	4:15 PM		Saratoga Spa State Park	Departure Point: AMS Departure Time: 2:45 PM L
Oct 17, 2018	Wed	Regular Season	Ballston Spa High School, Burnt Hills-Ballston Lake HS, Albany High School	4:15 PM		APHS Cross Country Course	L
Oct 19, 2018	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM		Grafton State Park	Departure Point: AMS Departure Time: 1:30 PM NL
Oct 30, 2018	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM		Saratoga Spa State Park	Departure Point: AMS Departure Time: 2:45 PM NL

Date: 2026-01-30