



Averill Park High School

(G) MOD9 Cross Country

Coaches:

- Tara Arsenault, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2022	Thu	Regular Season	Schenectady High School (Modified) @ Saratoga Springs High School	4:15 PM	5:55 PM	CBA, Albany	Departure Point: AMS Departure Time: 3:00 PM	L
Sep 17, 2022	Sat	Meet (Queensbury-Adirondack Classic Invitational)	Vs. Multiple	9:00 AM		Queensbury HS	Departure Point: AMS Departure Time: 7:00 AM	NL
Sep 21, 2022	Wed	Regular Season	Columbia High School, Shenendehowa High School @ Colonie High School	4:15 PM	5:55 PM	Sand Creek Middle School	Departure Point: AMS Departure Time: 3:00 PM	L
Sep 28, 2022	Wed	Regular Season	Shaker High School @ Guilderland High School	4:30 PM	5:55 PM	Tawasentha Park	Departure Point: AMS Departure Time: 3:00 PM	L
Oct 1, 2022	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM		Central Park	Departure Point: APHS Departure Time: 7:00 AM	NL
Oct 12, 2022	Wed	Regular Season	Albany High School, Niskayuna High School (Modified)	4:30 PM	6:10 PM	APHS Cross Country Course		L
Oct 19, 2022	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Ballston Spa High School, Bethlehem High School	4:30 PM	6:10 PM	APHS Cross Country Course		L
Oct 21, 2022	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM		Grafton State Park	Departure Point: AMS Departure Time: 1:45 PM	NL
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park	Departure Point: APHS Departure Time: 6:45 AM	NL

Date: 2025-12-16