



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 14, 2024	Sat	Meet (Queensbury-Adirondack Classic Invitational)	Vs. Multiple	9:00 AM	2:25 PM	Queensbury HS	AMS Departure Point: AMS Departure Time: 7:00 AM	NL
Sep 18, 2024	Wed	Regular Season	Guilderland High School @ Shaker High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park	AMS Departure Point: AMS Departure Time: 3:00 PM	L
Sep 25, 2024	Wed	Regular Season	Saratoga Springs High School, Colonie High School, Ballston Spa High School @ Shenendehowa High School	4:30 PM	6:10 PM	CBA, Albany	AMS Departure Point: AMS Departure Time: 2:45 PM	L
Sep 28, 2024	Sat	Meet (John Killian "K-DAWG" Memorial Inviational)	Vs. Multiple	9:00 AM	11:55 AM	Moreau Recreational Park	AMS Departure Point: AMS Departure Time: 7:00 AM	NL
Oct 8, 2024	Tue	Regular Season	Bethlehem High School @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park	AMS Departure Point: AMS Departure Time: 3:30 PM	L
Oct 16, 2024	Wed	Regular Season	Niskayuna High School (Modified), Burnt Hills-Ballston Lake HS @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	AMS Departure Point: AMS Departure Time: 2:45 PM	L
Oct 18, 2024	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM	5:55 PM	Grafton State Park	AMS Departure Point: AMS Departure Time: 1:30 PM	NL
Oct 22, 2024	Tue	Regular Season	Albany High School, Schenectady High School (Modified)	4:30 PM	6:10 PM	APHS Cross Country Course		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park	AMS Departure Point: AMS Departure Time: 7:15 AM	NL

Date: 2026-02-25