



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 13, 2025	Sat	Meet (Queensbury-Adirondack Classic Invitational)	Vs. Multiple	9:00 AM	2:55 PM	Queensbury HS	Departure Point: AMS Departure Time: 7:00 AM	NL
Sep 17, 2025	Wed	Regular Season	Colonie High School, Ballston Spa High School, Saratoga Springs High School	4:30 PM	6:10 PM	APHS Cross Country Course		L
Sep 24, 2025	Wed	Regular Season	Niskayuna High School (Modified) @ Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	BH- BL HS	Departure Point: AMS Departure Time: 2:45 PM	L
Oct 4, 2025	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM	1:15 PM	Central Park	Departure Point: AMS Departure Time: 7:00 AM	NL
Oct 8, 2025	Wed	Regular Season	Shenendehowa High School @ Albany High School	4:30 PM	6:10 PM	Westland Hills Park Zoar Ave. Albany, NY 12201	Departure Point: AMS Departure Time: 2:45 PM	L
Oct 11, 2025	Sat	Meet (Burnt Hills Invitational)	Vs. Multiple	9:00 AM	3:55 PM	Saratoga Spa State Park	Departure Point: AMS Departure Time: 7:00 AM	NL
Oct 15, 2025	Wed	Regular Season	Guilderland High School, Bethlehem High School @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park	Departure Point: AMS Departure Time: 2:45 PM	L
Oct 17, 2025	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM	5:55 PM	Grafton State Park	Departure Point: AMS Departure Time: 1:30 PM	NL
Oct 22, 2025	Wed	Regular Season	Columbia High School @ Shaker High School	4:30 PM		Colonie Mohawk River Town Park	Departure Point: AMS Departure Time: 2:45 PM	L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park	Departure Point: AMS Departure Time: 7:00 AM	NL

Date: 2025-12-16