



# Averill Park High School

## (B) V Cross Country

### Coaches:

- Wendy Glunk, Head Coach
- Tara Arsenault, Asst Coach
- Gordon Kaedy, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2022	Sat	Meet (Niskayuna Ekiden)	Vs. Multiple	9:30 AM		Iroquois Middle School	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:45 AM	NL
Sep 6, 2022	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Ballston Spa High School, Bethlehem High School	4:15 PM	5:55 PM	Schodack Island State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Sep 10, 2022	Sat	Meet (Blackbird Invitational (Voorheesville))	Vs. Multiple	9:00 AM		Wallace Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:15 AM	NL
Sep 14, 2022	Wed	Regular Season	Schenectady High School, Saratoga Springs High School @ Christian Brothers Academy, Albany	4:30 PM		The Crossings of Colonie		L
Sep 17, 2022	Sat	Meet (Queensbury-Adirondack Classic Invitational)	Vs. Multiple	9:00 AM		Queensbury HS	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:15 AM	NL
Sep 20, 2022	Tue	Regular Season	Columbia High School, Shenendehowa High School @ Colonie High School	4:15 PM	5:55 PM	The Crossings of Colonie	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Sep 24, 2022	Sat	Meet (PIAA Foundation Invitational)	Vs. Multiple	9:00 AM		Hershey Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 10:30 AM	NL
Sep 27, 2022	Tue	Regular Season	Shaker High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Oct 1, 2022	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM		Central Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 7:30 AM	NL
Oct 8, 2022	Sat	Meet (Manhattan Invitational)	Vs. Multiple	9:05 AM		Van Cortlandt Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 5:00 AM	NL
Oct 11, 2022	Tue	Regular Season	Albany High School, Troy, Niskayuna High School	4:15 PM	5:55 PM	Schodack Island State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 2:30 PM	L
Oct 21, 2022	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM		Grafton State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 1:30 PM	NL
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> APHS <b>Departure Time:</b> 10:15 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 5, 2022	Sat	Meet (Section 2 Championships)	Vs. Multiple	11:00 AM		Queensbury HS	<b>Departure Point:</b> APHS <b>Departure Time:</b> 10:15 AM	NL
Nov 12, 2022	Sat	Meet (NYSPHSAA Championships)	Vs. Multiple	10:00 AM		Cross Country Course		NL

Date: 2024-06-02