



# Averill Park High School

## (B) V Cross Country

### Coaches:

- Wendy Glunk, Head Coach
- Tara Arsenault, Asst Coach
- Larry Quinn, Asst Coach

| DATE         | WEEK DAY | TYPE   | OPPONENTS   | START TIME | END TIME | LOCATION                   | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---|------------|----------|----------------------------|---|---------------------|
| Sep 5, 2023  | Tue      | Regular Season                                     | Shenendehowa High School, Niskayuna High School, Burnt Hills-Ballston Lake HS | 4:15 PM    | 5:55 PM  | Schodack Island State Park | <b>Departure Point:</b> APHS<br><b>Departure Time:</b> 2:30 PM  | L                   |
| Sep 9, 2023  | Sat      | Meet (Briarwood Invitational)                      | Vs. Multiple  | 12:00 PM   |          | Belmont Plateau            | <b>Departure Point:</b> APHS<br><b>Departure Time:</b> 9:00 AM  | NL                  |
| Sep 19, 2023 | Tue      | Regular Season                                     | Saratoga Springs High School, Colonie High School, Ballston Spa High School   | 4:15 PM    | 5:55 PM  | Schodack Island State Park | <b>Departure Point:</b> APHS<br><b>Departure Time:</b> 2:30 PM  | L                   |
| Sep 30, 2023 | Sat      | Meet (John Killian "K-DAWG" Memorial Invitational) | Vs. Multiple  | 9:00 AM    |          | Moreau Recreational Park   | <b>Departure Point:</b> APHS<br><b>Departure Time:</b> 7:30 AM  | NL                  |
| Oct 7, 2023  | Sat      | Meet (Grout Invitational)                          | Vs. Multiple  | 9:00 AM    |          | Central Park               | <b>Departure Point:</b> APHS<br><b>Departure Time:</b> 7:30 AM  | NL                  |
| Oct 14, 2023 | Sat      | Meet (Burnt Hills Invitational)                    | Vs. Multiple  | 9:00 AM    |          | Saratoga Spa State Park    | <b>Departure Point:</b> APHS<br><b>Departure Time:</b> 7:00 AM  | NL                  |
| Oct 20, 2023 | Fri      | Meet (Rensselaer County Meet)                      | Vs. Multiple  | 3:30 PM    |          | Grafton State Park         | <b>Departure Point:</b> APHS<br><b>Departure Time:</b> 1:30 PM  | NL                  |
| Oct 28, 2023 | Sat      | Meet (SSC Championships)                           | Vs. Multiple  | 1:00 PM    | 3:55 PM  | Saratoga Spa State Park    | <b>Departure Point:</b> APHS<br><b>Departure Time:</b> 10:15 AM | NL                  |

Date: 2024-04-23