



Averill Park High School

(B) MOD9 Cross Country

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 20, 2023	Wed	Regular Season	Christian Brothers Academy, Albany, Ballston Spa High School, Saratoga Springs High School, Colonie High School @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	Departure Point: AMS Departure Time: 2:45 PM	L
Sep 23, 2023	Sat	Meet (Queensbury-Adirondack Classic Invitational)	Vs. Multiple	9:00 AM		Queensbury HS	Departure Point: AMS Departure Time: 6:45 AM	NL
Sep 27, 2023	Wed	Regular Season	Shenendehowa High School, Niskayuna High School (Modified), Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	APHS Cross Country Course		L
Sep 30, 2023	Sat	Meet (John Killian "K-DAWG" Memorial Inviational)	Vs. Multiple	9:00 AM		Moreau Recreational Park	Departure Point: APHS Departure Time: 7:00 AM	NL
Oct 4, 2023	Wed	Regular Season	Schenectady High School (Modified) @ Albany High School	4:30 PM	6:10 PM	Capital Hills Golf Course	Departure Point: AMS Departure Time: 3:15 PM	L
Oct 7, 2023	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM		Central Park	Departure Point: AMS Departure Time: 7:00 AM	NL
Oct 11, 2023	Wed	Regular Season	Columbia High School, Christian Brothers Academy, Albany @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park	Departure Point: AMS	L
Oct 18, 2023	Wed	Regular Season	Shaker High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park	Departure Point: AMS Departure Time: 3:00 PM	L
Oct 20, 2023	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM		Grafton State Park	Departure Point: AMS Departure Time: 1:45 PM	NL
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park	Departure Point: APHS Departure Time: 7:00 AM	NL

Date: 2024-06-02