



# Averill Park High School

## (B) MOD9 Cross Country

### Coaches:

- Tara Arsenault, Head Coach

| DATE         | WEEK DAY | TYPE  | OPPONENTS  | START TIME | END TIME | LOCATION                  | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|---------------------------|---|---------------------|
| Sep 11, 2019 | Wed      | Regular Season                                    | Burnt Hills-Ballston Lake HS, Niskayuna High School (Modified) @ Guilderland High School | 4:15 PM    |          | Tawasentha Park           | <b>Departure Point:</b><br>AMS<br><b>Departure Time:</b><br>2:45 PM | L                   |
| Sep 14, 2019 | Sat      | Meet (Queensbury Adirondack Classic Invitational) | Vs. Multiple   | 9:00 AM    |          | Queensbury HS             | <b>Departure Point:</b><br>AMS<br><b>Departure Time:</b><br>7:00 AM | NL                  |
| Sep 18, 2019 | Wed      | Regular Season                                    | Schenectady High School (Modified)   | 4:15 PM    | 5:55 PM  | APHS Cross Country Course |   | L                   |
| Sep 21, 2019 | Sat      | Meet (Guilderland Invitational )                  | Vs. Multiple   | 9:00 AM    |          | Tawasentha Park           | <b>Departure Point:</b><br>AMS<br><b>Departure Time:</b><br>7:00 AM | NL                  |
| Sep 25, 2019 | Wed      | Regular Season                                    | Shenendehowa High School @ Colonie High School   | 4:15 PM    | 5:55 PM  | Sand Creek MS Track       | <b>Departure Point:</b><br>AMS<br><b>Departure Time:</b><br>2:45 PM | L                   |
| Oct 3, 2019  | Thu      | Regular Season                                    | Saratoga Springs High School, Albany High School @ Ballston Spa High School              | 4:15 PM    | 5:55 PM  | Saratoga Spa State Park   | <b>Departure Point:</b><br>AMS<br><b>Departure Time:</b><br>2:30 PM | L                   |
| Oct 16, 2019 | Wed      | Regular Season                                    | Christian Brothers Academy, Albany, Shaker High School @ Bethlehem High School           | 4:15 PM    | 5:55 PM  | Elm Avenue Park           | <b>Departure Point:</b><br>AMS<br><b>Departure Time:</b><br>2:45 PM | L                   |
| Oct 18, 2019 | Fri      | Meet (Rensselaer County Meet)                     | Vs. Multiple   | 3:30 PM    |          | Grafton State Park        | <b>Departure Point:</b><br>AMS<br><b>Departure Time:</b><br>1:30 PM | NL                  |
| Oct 26, 2019 | Sat      | Meet (SSC Championships)                          | Vs. Multiple   | 1:30 PM    |          | Saratoga Spa State Park   | <b>Departure Point:</b><br>AMS<br><b>Departure Time:</b><br>7:30 AM | NL                  |

Date: 2026-01-31