



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	Departure Point: AMS Departure Time: 2:45 PM	L
Sep 14, 2019	Sat	Meet (Queensbury Adirondack Classic Invitational)	Vs. Multiple	9:00 AM		Queensbury HS	Departure Point: AMS Departure Time: 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	Departure Point: AMS Departure Time: 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	Departure Point: AMS Departure Time: 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	Departure Point: AMS Departure Time: 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	Departure Point: AMS Departure Time: 2:45 PM	L
Oct 18, 2019	Fri	Meet (Rensselaer County Meet)	Vs. Multiple	3:30 PM		Grafton State Park	Departure Point: AMS Departure Time: 1:30 PM	NL
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Point: AMS Departure Time: 7:30 AM	NL

Date: 2026-01-31