



Niskayuna High School

(G) V Cross Country

Coaches:

- Joe Skufca

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---|------------|----------|------------------------|------------------------------------|---|---------------------|
| Aug 22, 2023 | Tue | Practice (Patroon Land Farm in Voorheesville) | N/A | TBD | | TBD | | Departure Point: HS/Will Ride w/Boys Departure Time: 8:15 AM | |
| Sep 2, 2023 | Sat | Regular Season (Ekiden) | Schenectady High School, Schuylerville, Shaker High School, Colonie High School, Queensbury, Shenendehowa High School, Albany High School | 9:00 AM | | Iroquois Middle School | | | NL |
| Sep 2, 2023 | Sat | Regular Season | Troy | 9:30 AM | | Iroquois Middle School | | | NL |
| Oct 7, 2023 | Sat | Regular Season (Toga Invy) | TBD | TBD | | TBD | | Departure Point: HS Departure Time: 8:45 AM | L |
| Oct 10, 2023 | Tue | Regular Season | Shaker High School, Colonie High School | 4:15 PM | 5:55 PM | Colonie Town Park | Class Dismissal: 2:25 PM | Departure Point: HS Departure Time: 2:35 PM | L |
| Oct 14, 2023 | Sat | Regular Season (BH Invy) | TBD | TBD | | TBD | | | L |
| Nov 4, 2023 | Sat | Post-Season (Sectionals at Queensbury) | TBD | TBD | | TBD | | Departure Point: HS Departure Time: 10:30 AM | L |

Date: 2024-05-05