



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
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
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

Date: 2024-04-26