



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 31, 2019	Sat	Regular Season (12th Annual Niskayuna XC Ekiden Invitational)	Rome Free Academy	9:00 AM		Iroquois Middle School			NL
Aug 31, 2019	Sat	Regular Season (Ekiden)	Albany High School, Shaker High School, Burnt Hills-Ballston Lake HS	9:30 AM		Iroquois Middle School			L
Aug 31, 2019	Sat	Regular Season (Ekiden Invitational)	Amsterdam	9:30 AM		Iroquois Middle School			NL
Aug 31, 2019	Sat	Regular Season (Niskayuna Ekiden)	Colonie High School	9:30 AM		Iroquois Middle School			L
Aug 31, 2019	Sat	Regular Season (12th Annual Niskayuna XC Ekiden)	Schuylerville	9:30 AM		Iroquois Middle School			L
Sep 10, 2019	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Averill Park High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		Departure Point: VA, HS Departure Time: 2:35 PM	L
Sep 14, 2019	Sat	Regular Season (Queensbury Invitational)	Niskayuna High School (Modified) @ TBD	9:00 AM		TBD		Departure Point: HS Departure Time: 6:45 AM	NL
Sep 17, 2019	Tue	Regular Season 0-0-0-0 T	Shaker High School, Shenendehowa High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Class Dismissal: 2:25 PM	Departure Point: VA, HS Departure Time: 2:20 PM	L
Sep 24, 2019	Tue	Regular Season	Albany High School, Troy	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ TBD	1:30 PM		TBD	Class Dismissal: 6:45 AM	Departure Point: Charter Bus/HS	L
Oct 2, 2019	Wed	Regular Season	Schenectady High School, Colonie High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	Class Dismissal: 2:20 PM	Departure Point: VA, HS Departure Time: 2:20 PM	L
Oct 12, 2019	Sat	Regular Season (Manhattan Invitational)	@ TBD	8:00 AM		TBD		Departure Point: No bus needed	NL

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Oct 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	Dolgeville, South Glens Falls, Schuylerville, Greenville, Hadley-Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Ballston Spa High School, Saratoga Springs High School, Granville (Granville-Whitehall-Hartford), Stillwater, Colonie High School, Broadalbin-Perth, Johnstown, Lake George, Chittenango @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		Departure Point: Will Ride w/Boys Departure Time: 7:00 AM	NL
Oct 15, 2019	Tue	Regular Season	Ballston Spa High School @ Columbia High School	4:15 PM	5:55 PM	Schodack Island State Park	Class Dismissal: 2:10 PM	Departure Point: VA, HS Departure Time: 2:10 PM	L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		Departure Point: Craig Departure Time: 11:30 AM	NL
Nov 4, 2019	Mon	Regular Season (Sectionals)	@ TBD	11:00 AM		TBD	Class Dismissal: 9:50 AM	Departure Point: HS Departure Time: 10:00 AM	L
Nov 16, 2019	Sat	Regular Season (States)	@ TBD	TBD		TBD			L
Nov 23, 2019	Sat	Regular Season (Federations)	@ TBD	12:15 PM		TBD			L

Date: 2024-05-03