



# 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 24, 2022	Wed	Practice (Patroon Land Farm Voorheesville Food bank)	N/A	TBD		TBD			
Sep 3, 2022	Sat	Regular Season (Ekiden)	Schuylerville, Schenectady High School, Shaker High School, Queensbury, Rome Free Academy	9:30 AM	1:00 PM	Iroquois Middle School			L
Sep 6, 2022	Tue	Regular Season	Colonie High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Class Dismissal:</b> 2:45 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:55 PM	L
Sep 13, 2022	Tue	Regular Season	Ballston Spa High School, Shaker High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	<b>Class Dismissal:</b> 2:30 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:40 PM	L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational )	Monroe-Woodbury, Ballston Spa High School, Schuylerville, Schenectady High School, South Glens Falls, Saratoga Springs High School, Coxsackie-Athens, Glens Falls, Granville (Granville-Whitehall-Hartford), Shaker High School, Roy C Ketcham/Wappingers JHS, Remsen, Amsterdam, John Jay HS/ Van Wyck JHS, Colonie High School, Our Lady of Lourdes, Albany High School, Maple Hill, Chatham @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		<b>Departure Point:</b> HS <b>Departure Time:</b> 10:45 AM	NL

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Sep 20, 2022	Tue	Regular Season	Bethlehem High School, Guilderland High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 27, 2022	Tue	Regular Season	Schenectady High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Class Dismissal:</b> 2:45 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:55 PM	L
Sep 29, 2022	Thu	Regular Season (Lehigh University)	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> HS /Charter Bus/Will Ride w/Boys <b>Departure Time:</b> 2:30 PM	NL
Oct 7, 2022	Fri	Regular Season (Chittenango Twilight Invy)	@ TBD	4:00 PM		TBD	<b>Class Dismissal:</b> 12:00 PM	<b>Departure Point:</b> HS /School Charter Bus/Will Ride w/Boys <b>Departure Time:</b> 12:15 PM	NL
Oct 7, 2022	Fri	Meet (Chittenango Bears Twilight Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS- Stadium, Chittenango HS- Soccer Field (Grass)			NL
Oct 11, 2022	Tue	Regular Season	Albany High School, Troy Averill Park High School @	4:15 PM	5:55 PM	Schodack Island State Park	<b>Class Dismissal:</b> 2:30 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:40 PM	L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School, South Glens Falls, Oneonta, Saratoga Springs High School, Granville (Granville-Whitehall-Hartford), Shaker High School, Schuylerville, Guilderland High School, Ballston Spa High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		<b>Departure Point:</b> HS/Will Ride w/Boys <b>Departure Time:</b> 7:00 AM	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		<b>Departure Point:</b> HS <b>Departure Time:</b> 11:30 AM	NL

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Nov 5, 2022	Sat	Post-Season (Sectionals at Queensbury)	@ TBD	TBD		TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 10:15 AM	L
Nov 19, 2022	Sat	Regular Season (Federations at Bowdoin Park)	@ TBD	12:15 PM		TBD		<b>Departure Point:</b> HS /School Charter/Will Ride w/Boys <b>Departure Time:</b> 8:00 AM	L

Date: 2025-12-18