



# 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		<b>Departure Point:</b> HS/Will Ride w/Boys <b>Departure Time:</b> 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
Sep 5, 2023	Tue	Regular Season	Shenendehowa High School, Burnt Hills-Ballston Lake HS @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	<b>Class Dismissal:</b> 2:50 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 3:00 PM	L
Sep 9, 2023	Sat	Regular Season (Blackbird Invyat Voorheesville HS)	@ TBD	TBD		TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 7:20 AM	NL
Sep 12, 2023	Tue	Regular Season	Ballston Spa High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	<b>Class Dismissal:</b> 2:30 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:40 PM	L
Sep 19, 2023	Tue	Regular Season	Bethlehem High School, Guilderland High School @ Schenectady High School	4:15 PM	5:55 PM	Tawasentha Park	<b>Class Dismissal:</b> 2:50 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 3:00 PM	L
Sep 23, 2023	Sat	Regular Season (Queensbury Invitational at Queensbury HS)	@ TBD	9:00 AM		TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 7:30 AM	L
Oct 3, 2023	Tue	Regular Season	Saratoga Springs High School, Troy @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	<b>Class Dismissal:</b> 2:50 PM	<b>Departure Point:</b> Iroq, HS <b>Departure Time:</b> 2:45 PM	L
Oct 7, 2023	Sat	Regular Season (Toga Invy)	TBD	TBD		TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 8:45 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2023	Tue	Regular Season	Shaker High School, Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	<b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:35 PM	L
Oct 14, 2023	Sat	Regular Season (BH Invy)	TBD	TBD		TBD			L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		<b>Departure Point:</b> Craig <b>Departure Time:</b> 11:30 AM	NL
Nov 4, 2023	Sat	Post-Season (Sectionals at Queensbury )	TBD	TBD		TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 10:30 AM	L

Date: 2025-12-05