



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 30, 2024	Fri	Practice (Patroon Land Farm in Voorheesville)	N/A	9:00 AM		TBD		Departure Point: HS Departure Time: 8:15 AM	
Sep 7, 2024	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Scotia-Glenville, Shaker High School, Colonie High School	9:30 AM		Iroquois Middle School			NL
Sep 10, 2024	Tue	Regular Season	Averill Park High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School	5:15 PM	6:55 PM	Shen Cross Country Trail		Departure Point: HS Departure Time: 3:45 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invitational at Queensbury HS)	@ TBD	9:45 AM		Queensbury High School		Departure Point: HS Departure Time: 7:45 AM	NL
Sep 17, 2024	Tue	Regular Season	Albany High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park	Class Dismissal: 2:20 PM	Departure Point: HS Departure Time: 2:30 PM	L
Sep 24, 2024	Tue	Regular Season	Schenectady High School, Bethlehem High School, Guilderland High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational at Proctor Park, Utica)	@ TBD	TBD		TBD		Departure Point: HS/ School Charter Bus Departure Time: 7:15 AM	NL
Oct 1, 2024	Tue	Regular Season	Columbia High School, Saratoga Springs High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Oct 8, 2024	Tue	Regular Season	Shaker High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	Class Dismissal: 2:20 PM	Departure Point: HS Departure Time: 2:30 PM	L

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Oct 12, 2024	Sat	Regular Season	Lake George, Shaker High School, Shenendehowa High School, Ballston Spa High School, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		Departure Point: HS/will ride w/boys Departure Time: 7:00 AM	NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park		Departure Point: Craig Departure Time: 10:00 AM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals at Queensbury)	@ TBD	TBD		Queensbury High School		Departure Point: HS Departure Time: 9:40 AM	L
Nov 23, 2024	Sat	Post-Season (Federations at Bowdoin Park Wappingers Falls)	@ TBD	TBD		TBD		Departure Point: HS/School Charter Bus Departure Time: 8:00 AM	NL

Date: 2024-12-07