



# 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
Sep 2, 2025	Tue	Regular Season	Albany High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park		<b>Departure Point:</b> HS <b>Departure Time:</b> 2:00 PM	L
Sep 6, 2025	Sat	Regular Season (Ekiden )	Schuylerville	9:30 AM		Iroquois Middle School			L
Sep 6, 2025	Sat	Regular Season (Ekiden )	Schenectady High School, Shaker High School, Schuylerville, Colonie High School, Scotia-Glenville, Amsterdam	9:30 AM		Iroquois Middle School			NL
Sep 9, 2025	Tue	Regular Season	Averill Park High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:30 PM	L
Sep 13, 2025	Sat	Regular Season (Queensbury Invy)	Schenectady High School, Auburn, Shaker High School, Lake George, Monticello, Tully, Greenville, Colonie High School, Roy C Ketcham/ Wappingers JHS, Central Valley Academy, Phoenix, Chatham, Broadalbin-Perth, Shenendehowa High School, South Lewis, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		<b>Departure Point:</b> HS <b>Departure Time:</b> 9:45 AM	NL
Sep 16, 2025	Tue	Regular Season	Guiderland High School, Columbia High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational at Proctor Park, Utica )	@ TBD	TBD		TBD		<b>Departure Point:</b> HS/School Charter Bus <b>Departure Time:</b> 8:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 30, 2025	Tue	Regular Season	Shenendehowa High School, Ballston Spa High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:30 PM	L
Oct 3, 2025	Fri	Regular Season (Holmdel Park New Jersey )	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 10:50 AM	<b>Departure Point:</b> HS/Will Ride w/Boys Varsity <b>Departure Time:</b> 11:00 AM	L
Oct 4, 2025	Sat	Regular Season (86th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM		Iroquois Middle School			L
Oct 4, 2025	Sat	Regular Season (86th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM		Iroquois Middle School			L
Oct 7, 2025	Tue	Regular Season	TBD, Shaker High School, Schenectady High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:30 PM	L
Oct 11, 2025	Sat	Regular Season (Burnt Hills Invy)	Shaker High School, Lake George, Ballston Spa High School, Schuylerville, Greenville, Cato-Meridian (Blue Devils), Gloversville, Colonie High School, TBD @ Burnt Hills-Ballston Lake HS	9:00 AM	5:25 PM	Saratoga Spa State Park			NL
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:25 PM	Saratoga Spa State Park		<b>Departure Point:</b> Craig <b>Departure Time:</b> 9:00 AM	NL
Nov 8, 2025	Sat	Post-Season (Sectionals at Queensbury )	@ TBD	9:00 AM		Queensbury High School		<b>Departure Point:</b> HS <b>Departure Time:</b> 10:45 AM	L
Nov 22, 2025	Sat	Post-Season (Federations at Bowdoin Park Wappingers Falls )	@ TBD	TBD		TBD		<b>Departure Point:</b> HS/School Charter Bus <b>Departure Time:</b> 5:30 AM	L

Date: 2025-12-05