



Niskayuna High School

(G) MOD9 Cross Country (Modified)

Coaches:

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|--------------------------|--|---------------------|
| Sep 11, 2019 | Wed | Regular Season | Burnt Hills-Ballston Lake HS, Averill Park High School @ Guilderland High School | 4:15 PM | | Tawasentha Park | Departure Point: Will Ride w/Boys Departure Time: 2:50 PM | L |
| Sep 14, 2019 | Sat | Regular Season (Queensbury Invitational) | Niskayuna High School @ TBD | 9:00 AM | | TBD | Departure Point: Will Ride w/Varsity | NL |
| Sep 18, 2019 | Wed | Regular Season | Shaker High School, Shenendehowa High School @ Saratoga Springs High School | 4:15 PM | 5:55 PM | Saratoga Spa State Park | Departure Point: Will Ride w/Boys Departure Time: 2:35 PM | L |
| Sep 26, 2019 | Thu | Regular Season | Albany High School | 4:15 PM | 5:55 PM | Iroquois Middle School | | L |
| Sep 28, 2019 | Sat | Regular Season (7th Annual South Glens Falls "K-DAWG" Memorial XC Invitational) | Schuylerville, Amsterdam, Lake George, Hudson Falls @ South Glens Falls | 9:00 AM | | Moreau Recreational Park | Departure Point: Will Ride w/Boys Departure Time: 7:00 AM | L |
| Oct 1, 2019 | Tue | Regular Season | Schenectady High School (Modified), Colonie High School @ Bethlehem High School | 4:15 PM | 5:55 PM | Elm Avenue Park | Departure Point: Will Ride w/Boys Departure Time: 2:35 PM | L |
| Oct 16, 2019 | Wed | Regular Season | Ballston Spa High School | 4:15 PM | 5:55 PM | Iroquois Middle School | | L |
| Oct 26, 2019 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | Departure Point: Will Ride w/Boys Departure Time: 8:15 AM | NL |

Date: 2026-04-08