



# Niskayuna High School

## (G) MOD9 Cross Country (Modified)

Coaches:

| DATE         | WEEK DAY | TYPE                     | OPPONENTS  | START TIME | END TIME | LOCATION                | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------|--|------------|----------|-------------------------|----------------|---------------------|
| Sep 18, 2024 | Wed      | Regular Season           | Albany High School @ Ballston Spa High School                                      | 4:30 PM    | 6:10 PM  | TBD                     |                | L                   |
| Sep 25, 2024 | Wed      | Regular Season           | Schenectady High School (Modified), Bethlehem High School, Guilderland High School | 4:30 PM    | 6:10 PM  | Iroquois Middle School  |                | L                   |
| Oct 9, 2024  | Wed      | Regular Season           | Shaker High School @ Colonie High School   | 4:30 PM    | 6:10 PM  | TBD                     |                | L                   |
| Oct 16, 2024 | Wed      | Regular Season           | Averill Park High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School  | 4:30 PM    | 6:10 PM  | Saratoga Spa State Park |                | L                   |
| Oct 22, 2024 | Tue      | Regular Season           | Columbia High School, Saratoga Springs High School                                 | 4:30 PM    | 6:10 PM  | Iroquois Middle School  |                | L                   |
| Oct 26, 2024 | Sat      | Meet (SSC Championships) | Vs. Multiple   | 9:00 AM    |          | Saratoga Spa State Park |                | NL                  |

Date: 2024-06-02