



# 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	Ballston Spa Track	<b>Departure Point:</b> Will Ride w/Boys Modified Cross Country <b>Departure Time:</b> 2:50 PM	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	Colonie Town Park	<b>Departure Point:</b> Will Ride w/Boys Modified Cross Country <b>Departure Time:</b> 2:50 PM	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	Shen Cross Country Trail	<b>Departure Point:</b> Will Ride w/Boys Modified Cross Country <b>Departure Time:</b> 3:00 PM	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	10:00 AM		Saratoga Spa State Park	<b>Departure Point:</b> Will Ride w/Boys Modified Cross Country <b>Departure Time:</b> 7:45 AM	NL

Date: 2025-12-06