



# Niskayuna High School

## (G) MOD9 Cross Country (Modified)

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2025	Wed	Regular Season	Guilderland High School, Columbia High School	4:30 PM	6:10 PM	Iroquois Middle School			L
Sep 24, 2025	Wed	Regular Season	Averill Park High School @ Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	BH- BL HS	<b>Class Dismissal:</b> 2:40 PM	<b>Departure Point:</b> Will Ride w/Boys Modified Cross Country <b>Departure Time:</b> 2:50 PM	L
Oct 4, 2025	Sat	Regular Season (86th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM		Iroquois Middle School			L
Oct 8, 2025	Wed	Regular Season	Shaker High School, Schenectady High School (Modified) @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park		<b>Departure Point:</b> Will Ride w/Boys Modified Cross Country <b>Departure Time:</b> 2:45 PM	L
Oct 15, 2025	Wed	Regular Season	Albany 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> 3:00 PM	L
Oct 21, 2025	Tue	Regular Season	Shenendehowa High School, Ballston Spa High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park		<b>Departure Point:</b> Will Ride w/Boys Modified Cross Country <b>Departure Time:</b> 2:40 PM	L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park		<b>Departure Point:</b> Will Ride w/Boys Modified Cross Country <b>Departure Time:</b> 7:00 AM	NL

Date: 2025-12-05