



Niskayuna High School

(B) V Cross Country

Coaches:

- Jason DeRocco, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Shaker High School, Schenectady High School, LaSalle Institute, Averill Park High School, Voorheesville, Ballston Spa High School, Rome Free Academy, Queensbury, Shenendehowa High School	9:30 AM		Iroquois Middle School-Niskayuna			L
Sep 18, 2021	Sat	Regular Season (Queensbury Adirondack XC Invitational)	Schuylerville, South Glens Falls, Bethlehem High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Albany High School, Greenville, Ballston Spa High School, Shenendehowa High School, Saratoga Springs High School, Shaker High School, Schenectady High School, Glens Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: HS Departure Time: 6:45 AM		NL
Sep 21, 2021	Tue	Regular Season	Columbia High School, Ballston Spa High School, Shaker High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 24, 2021	Fri	Regular Season (Ocean State Invitational)	@ TBD	1:00 PM		TBD			NL
Sep 25, 2021	Sat	Regular Season (Ocean State Invitational)	@ TBD	8:00 AM		TBD			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2021	Tue	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Class Dismissal: 2:45 PM	Departure Point: HS Departure Time: 2:55 PM	L
Oct 2, 2021	Sat	Regular Season (McQuaid Invitational)	@ TBD	2:00 PM		TBD	Bus/Driver: School Charter Bus	Departure Point: HS Departure Time: 7:00 AM	NL
Oct 5, 2021	Tue	Regular Season	Schenectady High School, Burnt Hills-Ballston Lake HS, Shenendehowa High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Oct 12, 2021	Tue	Regular Season	Averill Park High School, Troy @ Albany High School	4:30 PM	5:55 PM	Capital Hills Golf Course	Class Dismissal: 2:45 PM	Departure Point: HS Departure Time: 2:55 PM	L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School, South Glens Falls, Queensbury, Ballston Spa High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Greenville, Oneonta, Shenendehowa High School, Christian Brothers Academy, Albany, Oriskany, New Hartford, Saratoga Springs High School, Troy, Shaker High School, Johnstown @ Burnt Hills-Ballston Lake HS	9:15 AM	12:00 PM	Saratoga Spa State Park		Departure Point: HS Departure Time: 7:00 AM	L
Oct 19, 2021	Tue	Regular Season	Saratoga Springs High School @ Colonie High School	4:15 PM	5:55 PM	The Crossings of Colonie	Class Dismissal: 2:45 PM	Departure Point: HS Departure Time: 2:55 PM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park		Departure Point: HS Departure Time: 11:30 AM	NL

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Nov 5, 2021	Fri	Regular Season (Sectionals at SPAC)	@ TBD	TBD		TBD	Class Dismissal: 11:20 AM	Departure Point: HS Departure Time: 11:30 AM	L
Nov 13, 2021	Sat	Post-Season (States at Chenango Valley)	@ TBD	TBD		TBD			L
Nov 20, 2021	Sat	Regular Season (Feberations at Bowdoin Park)	@ TBD	12:15 PM		TBD		Departure Point: HS/School Charter Bus Departure Time: 8:30 AM	L

Date: 2025-12-13