



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
Aug 22, 2023	Tue	Practice (Patroon Land Farm in Voorheesville)	N/A	TBD		TBD			Departure Point: HS Departure Time: 8:15 AM
Aug 24, 2023	Thu	Practice	N/A	9:00 AM	1:00 PM	SPAC			Departure Point: HS Departure Time: 7:00 AM
Aug 29, 2023	Tue	Practice (Practice at Central Park Schenectady)	N/A	9:00 AM	12:00 PM	TBD			Departure Point: HS Departure Time: 8:15 AM
Aug 30, 2023	Wed	Practice (Rotterdam Fire District 7 on Gordan Rd.)	N/A	TBD		TBD			Departure Point: HS Departure Time: 8:00 AM
Sep 2, 2023	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Shaker High School, Shenendehowa High School, Albany High School, Queensbury, Troy	9:00 AM		Iroquois Middle School			NL
Sep 5, 2023	Tue	Regular Season	Shenendehowa High School, Burnt Hills-Ballston Lake HS @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Class Dismissal: 2:50 PM		L Departure Point: HS Departure Time: 3:00 PM
Sep 9, 2023	Sat	Regular Season (Sanfordville School in Warwick Valley)	@ TBD	TBD		TBD			Departure Point: HS/Niskayuna Charter Bus Departure Time: 5:40 AM NL
Sep 12, 2023	Tue	Regular Season	Ballston Spa High School, Christian Brothers Academy, Albany @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	Class Dismissal: 2:30 PM		L Departure Point: HS Departure Time: 2:40 PM
Sep 19, 2023	Tue	Regular Season	Bethlehem High School, Guilderland High School @ Schenectady High School	4:15 PM	5:55 PM	Tawasentha Park	Class Dismissal: 2:50 PM		L Departure Point: HS Departure Time: 3:00 PM
Sep 23, 2023	Sat	Regular Season (Queensbury Invitational at Queensbury HS)	@ TBD	9:00 AM		TBD			Departure Point: HS Departure Time: 10:00 AM L

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Sep 29, 2023	Fri	Regular Season (Holmdel Park New jersey)	@ TBD	TBD		TBD	Class Dismissal: 11:45 AM	Departure Point: HS/Charter Bus Departure Time: 12:00 PM	NL
Sep 30, 2023	Sat	Regular Season (Holmdel Park New Jersey)	@ TBD	9:00 AM		TBD			NL
Oct 3, 2023	Tue	Regular Season	Saratoga Springs High School, Troy @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Class Dismissal: 2:50 PM	Departure Point: VA, HS Departure Time: 2:45 PM	L
Oct 7, 2023	Sat	Regular Season (Pitney Meadows in Saratoga)	@ TBD	11:10 AM		TBD		Departure Point: HS Departure Time: 8:45 AM	L
Oct 10, 2023	Tue	Regular Season	Shaker High School, Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	Class Dismissal: 2:25 PM	Departure Point: HS Departure Time: 2:35 PM	L
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invitational at SPAC)	@ TBD	9:30 AM		TBD		Departure Point: HS Departure Time: 7:00 AM	L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		Departure Point: Craig Departure Time: 11:30 AM	NL
Nov 4, 2023	Sat	Regular Season (Sectionals at Queensbury)	@ TBD	11:00 AM		TBD		Departure Point: HS Departure Time: 11:00 AM	L
Nov 18, 2023	Sat	Regular Season (Federations at Bowdoin Park Wappingers Falls)	@ TBD	12:15 PM		TBD		Departure Point: HS/School Charter Bus Departure Time: 8:00 AM	L

Date: 2024-04-19