



# 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			<b>Departure Point:</b> HS <b>Departure Time:</b> 8:15 AM
Aug 24, 2023	Thu	Practice	N/A	9:00 AM	1:00 PM	SPAC			<b>Departure Point:</b> HS <b>Departure Time:</b> 7:00 AM
Aug 29, 2023	Tue	Practice (Practice at Central Park Schenectady)	N/A	9:00 AM	12:00 PM	TBD			<b>Departure Point:</b> HS <b>Departure Time:</b> 8:15 AM
Aug 30, 2023	Wed	Practice (Rotterdam Fire District 7 on Gordan Rd.)	N/A	TBD		TBD			<b>Departure Point:</b> HS <b>Departure Time:</b> 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
Oct 10, 2023	Tue	Regular Season	Shaker High School, Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	<b>Class Dismissal:</b> 2:25 PM		<b>Departure Point:</b> HS <b>Departure Time:</b> 2:35 PM

Date: 2024-04-28