



# 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 1, 2018	Sat	Regular Season (Ekiden )	Albany High School	9:00 AM		Iroquois Middle School			L
Sep 1, 2018	Sat	Regular Season (Ekiden )	Shenendehowa High School	9:00 AM	5:00 PM	Iroquois Middle School			L
Sep 1, 2018	Sat	Regular Season (Niskayuna XC Ekiden at Iroquois Middle School)	Schuylerville	9:30 AM		Iroquois Middle School			NL
Sep 1, 2018	Sat	Meet (Niskayuna Ekiden)	Vs. Multiple	9:30 AM		TBD			NL
Sep 1, 2018	Sat	Meet (EKIDEN )	Vs. Multiple	9:30 AM		Iroquois Middle School			NL
Sep 1, 2018	Sat	Meet (Niskayuna Ekiden)	Vs. Multiple	9:30 AM		Iroquois Middle School			NL
Sep 1, 2018	Sat	Regular Season (Niskayuna Ekiden Invitational)	Colonie High School	9:30 AM		Iroquois Middle School			NL
Sep 1, 2018	Sat	Meet (Niskayuna Ekiden)	Vs. Multiple	9:30 AM		TBD			NL
Sep 4, 2018	Tue	Regular Season	Saratoga Springs High School, Colonie High School @ Shenendehowa High School	6:00 PM		Saratoga Spa State Park		<b>Departure Point:</b> HS/One Bus Only <b>Departure Time:</b> 3:45 PM	L
Sep 7, 2018	Fri	Meet (Springstaed Invitational)	Vs. Multiple	4:00 PM		TBD	<b>Class Dismissal:</b> 2:05 PM	<b>Departure Point:</b> VA, HS <b>Departure Time:</b> 2:00 PM	NL
Sep 11, 2018	Tue	Regular Season	Averill Park High School, Schenectady High School, Guilderland High School	4:15 PM		Iroquois Middle School			L
Sep 15, 2018	Sat	Meet (Queensbury Invitational)	Vs. Multiple	9:00 AM		TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 6:45 AM	NL
Sep 22, 2018	Sat	Meet (Bowdoin Park Classic)	Vs. Multiple	9:00 AM		TBD	<b>Bus/Driver:</b> Charter	<b>Departure Point:</b> HS/Charter Bus <b>Departure Time:</b> 6:15 AM	NL
Sep 25, 2018	Tue	Regular Season	Shaker High School, Ballston Spa High School @ Burnt Hills-Ballston Lake HS	4:15 PM		Saratoga Spa State Park		<b>Departure Point:</b> VA, HS <b>Departure Time:</b> 2:50 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 29, 2018	Sat	Meet (McQuaid Invitational)	Vs. Multiple	12:00 PM		TBD	<b>Bus/Driver:</b> Charter	<b>Departure Point:</b> HS/Charter Bus <b>Departure Time:</b> 7:30 AM	NL
Oct 3, 2018	Wed	Regular Season	Bethlehem High School @ Albany High School	4:15 PM		Capital Hills Golf Course	<b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> VA, HS <b>Departure Time:</b> 2:20 PM	L
Oct 9, 2018	Tue	Regular Season	Christian Brothers Academy, Albany, Columbia High School, Troy	4:15 PM		Iroquois Middle School			L
Oct 13, 2018	Sat	Meet (Manhattan Invitational)	Vs. Multiple	9:00 AM		TBD			NL
Oct 27, 2018	Sat	Meet (Suburbans at SPAC)	Vs. Multiple	1:00 PM		TBD			NL
POSTPONED Oct 27, 2018	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		<b>Departure Point:</b> Craig <b>Departure Time:</b> 11:30 AM	NL
Nov 2, 2018	Fri	Meet (Sectionals at SPAC)	Vs. Multiple	11:00 AM		TBD	<b>Class Dismissal:</b> 10:20 AM	<b>Departure Time:</b> 10:30 AM	NL
Nov 10, 2018	Sat	Meet (States at Sunken Meadow State Park)	Vs. Multiple	TBD		TBD			NL

Date: 2025-12-17