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 31, 2019	Sat	Regular Season (12th Annual Niskayuna XC Ekiden Invitational)	Rome Free Academy	9:30 AM		Iroquois Middle School			NL
Aug 31, 2019	Sat	Regular Season (Ekiden Invitational)	Amsterdam	9:30 AM		Iroquois Middle School			NL
Aug 31, 2019	Sat	Regular Season (Ekiden)	Shenendehowa High School, Albany High School, Shaker High School	9:30 AM		Iroquois Middle School			L
Aug 31, 2019	Sat	Regular Season (Niskayuna Ekiden)	Colonie High School	9:30 AM		Iroquois Middle School			L
Aug 31, 2019	Sat	Regular Season (12th Annual Niskayuna XC Ekiden)	Schuylerville	9:30 AM		Iroquois Middle School			L
Sep 10, 2019	Tue	Regular Season 33-25-26-40 L	Burnt Hills-Ballston Lake HS, Averill Park High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		**Departure Point:** Iroq, HS **Departure Time:** 2:35 PM	L
Sep 14, 2019	Sat	Regular Season (Queensbury Invitational)	Niskayuna High School (Modified) @ TBD	9:00 AM		TBD		**Departure Point:** HS **Departure Time:** 6:45 AM	NL
Sep 17, 2019	Tue	Regular Season	Shaker High School, Shenendehowa High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	**Class Dismissal:** 2:25 PM	**Departure Point:** Iroq, HS **Departure Time:** 2:20 PM	L
Sep 24, 2019	Tue	Regular Season	Christian Brothers Academy, Albany, Albany High School, Troy	4:15 PM	5:55 PM	Iroquois Middle School		**Departure Point:** HS, VA Drop at Iroq/One Way **Departure Time:** 2:45 PM	L
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ TBD	1:30 PM		TBD		**Departure Point:** Charter Bus/HS **Departure Time:** 8:00 PM	L
Oct 2, 2019	Wed	Regular Season	Schenectady High School, Colonie High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	**Class Dismissal:** 2:20 PM	**Departure Point:** Iroq, HS **Departure Time:** 2:20 PM	L
Oct 4, 2019	Fri	Regular Season (Port Short Invitational)	@ TBD	TBD		TBD	**Class Dismissal:** 9:00 AM	**Departure Point:** HS **Departure Time:** 9:15 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	Dolgeville, South Glens Falls, Schuylerville, Greenville, Hadley-Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Oneonta, Ballston Spa High School, Saratoga Central Catholic, Johnstown, Stillwater, Lake George, Scotia-Glenville, Broadalbin-Perth, Granville (Granville-Whitehall-Hartford), Chittenango, Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		**Departure Point:** HS **Departure Time:** 7:00 AM	NL
Oct 15, 2019	Tue	Regular Season	Ballston Spa High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	**Class Dismissal:** 2:10 PM	**Departure Point:** Iroq, HS **Departure Time:** 2:10 PM	L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		**Departure Point:** Craig **Departure Time:** 11:30 AM	NL
Nov 4, 2019	Mon	Regular Season (Sectionals)	@ TBD	11:00 AM		TBD	**Class Dismissal:** 8:15 AM	**Departure Point:** HS **Departure Time:** 8:30 AM	L
Nov 16, 2019	Sat	Regular Season (States)	@ TBD	TBD		TBD			L

Date: 2024-10-12