



# 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		<b>Departure Point:</b> Iroq, HS <b>Departure Time:</b> 2:35 PM	L
Sep 14, 2019	Sat	Regular Season (Queensbury Invitational)	Niskayuna High School (Modified) @ TBD	9:00 AM		TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 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	<b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> Iroq, HS <b>Departure Time:</b> 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		<b>Departure Point:</b> HS, VA Drop at Iroq/One Way <b>Departure Time:</b> 2:45 PM	L
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ TBD	1:30 PM		TBD		<b>Departure Point:</b> Charter Bus/HS <b>Departure Time:</b> 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	<b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> Iroq, HS <b>Departure Time:</b> 2:20 PM	L
Oct 4, 2019	Fri	Regular Season (Port Short Invitational)	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 9:00 AM	<b>Departure Point:</b> HS <b>Departure Time:</b> 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		<b>Departure Point:</b> HS <b>Departure Time:</b> 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	<b>Class Dismissal:</b> 2:10 PM	<b>Departure Point:</b> Iroq, HS <b>Departure Time:</b> 2:10 PM	L
Oct 26, 2019	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 4, 2019	Mon	Regular Season (Sectionals)	@ TBD	11:00 AM		TBD	<b>Class Dismissal:</b> 8:15 AM	<b>Departure Point:</b> HS <b>Departure Time:</b> 8:30 AM	L
Nov 16, 2019	Sat	Regular Season (States)	@ TBD	TBD		TBD			L

Date: 2024-04-24