



Niskayuna High School

(B) V Cross Country

Coaches:

- Jason DeRocco, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 3, 2020	Sat	Regular Season	Burnt Hills-Ballston Lake HS	2:00 PM		Iroquois Middle School		L
Oct 10, 2020	Sat	Regular Season	@ Shenendehowa High School	9:00 AM	10:40 AM	Shen Cross Country Trail	Departure Point: HS Departure Time: 7:45 AM	L
Oct 17, 2020	Sat	Regular Season	Bethlehem High School	1:30 PM		Iroquois Middle School		L
Oct 24, 2020	Sat	Regular Season	Ballston Spa High School	9:00 AM	10:40 AM	Iroquois Middle School		L
Oct 30, 2020	Fri	Regular Season 38-22 L	Saratoga Springs High School	4:00 PM		Saratoga Spa State Park	Departure Point: HS Departure Time: 2:00 PM	L
Nov 7, 2020	Sat	Regular Season	Shaker High School, Christian Brothers Academy, Albany	2:00 PM	3:40 PM	Iroquois Middle School		L
Nov 14, 2020	Sat	Regular Season	@ Guilderland High School	9:00 AM	10:40 AM	Tawasentha Park	Departure Point: HS Departure Time: 7:15 AM	L
Nov 21, 2020	Sat	Meet (SSC Championships)	Vs. Multiple	8:00 AM	4:00 PM	Saratoga Spa State Park		NL
Nov 21, 2020	Sat	Regular Season	TBD	TBD		TBD	Departure Point: HS Departure Time: 9:45 AM	L

Date: 2025-12-19