



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 24, 2022	Wed	Regular Season (Patroon Land Farm Voorheesville Food Bank)	@ TBD	TBD		TBD		Departure Point: HS Departure Time: 8:15 AM	NL
Sep 3, 2022	Sat	Regular Season (Ekiden)	Schuylerville, Schenectady High School, Rome Free Academy, Shaker High School, Queensbury	9:30 AM	1:00 PM	Iroquois Middle School			L
Sep 6, 2022	Tue	Regular Season	Colonie High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Class Dismissal: 2:45 PM	Departure Point: HS Departure Time: 2:55 PM	L
Sep 13, 2022	Tue	Regular Season	Ballston Spa High School, Shaker High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Class Dismissal: 2:30 PM	Departure Point: HS Departure Time: 2:40 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Ballston Spa High School, Schuylerville, Christian Brothers Academy, Albany, Monroe- Woodbury, Saratoga Springs High School, Colonie High School, Schenectady High School, South Glens Falls, Coxsackie- Athens, Glens Falls, Chittenango, Granville (Granville- Whitehall- Hartford), Shaker High School, Remsen (Remsen), Roy C Ketcham/ Wappingers JHS, North Warren, Albany High School, Maple Hill, Chatham, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: HS Departure Time: 7:15 AM		NL
Sep 20, 2022	Tue	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany, Guilderland High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 27, 2022	Tue	Regular Season	Schenectady High School, Shenendehowa High School @ Burnt Hills- Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	Class Dismissal: 2:45 PM	Departure Point: HS Departure Time: 2:55 PM	L
Sep 29, 2022	Thu	Regular Season (Lehigh University)	@ TBD	TBD		TBD	Class Dismissal: 2:20 PM	Departure Point: HS /Charter Bus Departure Time: 2:30 PM	NL
Oct 7, 2022	Fri	Regular Season (Chittenango Twilight Invy)	@ TBD	4:00 PM		TBD	Class Dismissal: 12:00 PM	Departure Point: HS /School Charter Bus Departure Time: 12:15 PM	NL

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Oct 7, 2022	Fri	Meet (Chittenango Bears Twilight Invitational 2022)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS-Stadium, Chittenango HS- Soccer Field (Grass)			NL
Oct 11, 2022	Tue	Regular Season	Albany High School, Troy @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Class Dismissal: 2:30 PM	Departure Point: HS Departure Time: 2:40 PM	L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Saratoga Springs High School, Schenectady High School, South Glens Falls, Granville (Granville-Whitehall-Hartford), Oneonta, Schuylerville, Shaker High School, Guilderland High School, Ballston Spa High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		Departure Point: HS Departure Time: 7:00 AM	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		Departure Point: HS Departure Time: 11:30 AM	NL
Nov 5, 2022	Sat	Post-Season (Sectionals at Queensbury)	@ TBD	11:00 AM		TBD		Departure Point: HS Departure Time: 9:00 AM	L
Nov 19, 2022	Sat	Regular Season (Federations at Bowdoin Park)	@ TBD	TBD		TBD		Departure Point: HS /School Charter Departure Time: 8:00 AM	L

Date: 2025-12-18