



# 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 29, 2024	Thu	Practice	N/A	7:45 AM		SPAC		<b>Departure Point:</b> HS <b>Departure Time:</b> 7:00 AM	
Aug 30, 2024	Fri	Practice (Regional Food Bank Patroon Land Farm Voorheesville)	N/A	9:00 AM		TBD		<b>Departure Point:</b> HS <b>Departure Time:</b> 8:15 AM	
Sep 7, 2024	Sat	Regular Season	Scotia-Glenville	8:00 AM		Iroquois Middle School			L
Sep 7, 2024	Sat	Regular Season (Ekiden )	Schenectady High School, Schuylerville	9:30 AM	5:55 PM	Iroquois Middle School			NL
Sep 10, 2024	Tue	Regular Season	Averill Park High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School	5:15 PM	6:55 PM	Shen Cross Country Trail		<b>Departure Point:</b> HS <b>Departure Time:</b> 3:45 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invitational at Queensbury HS )	@ TBD	9:45 AM		Queensbury High School		<b>Departure Point:</b> HS <b>Departure Time:</b> 7:15 AM	L
Sep 17, 2024	Tue	Regular Season	Albany High School, Christian Brothers Academy, Albany @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park	<b>Class Dismissal:</b> 2:20 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:30 PM	L
Sep 24, 2024	Tue	Regular Season	Schenectady High School, Bethlehem High School, Guilderland High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 28, 2024	Sat	Regular Season (EJ Herrmann Invitational at Proctor Park, Utica )	@ TBD	11:00 AM		TBD		<b>Departure Point:</b> HS/School Charter Bus <b>Departure Time:</b> 7:15 AM	NL
Oct 1, 2024	Tue	Regular Season	Columbia High School, Saratoga Springs High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Oct 4, 2024	Fri	Regular Season (Holmdel Park, new Jersey)	@ TBD	TBD		TBD	<b>Class Dismissal:</b> 11:45 AM	<b>Departure Point:</b> HS/coach bus <b>Departure Time:</b> 12:00 PM	NL
Oct 5, 2024	Sat	Regular Season (Holmdel Park New Jersey )	@ TBD	12:00 PM		TBD			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 8, 2024	Tue	Regular Season	Shaker High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	<b>Class Dismissal:</b> 2:25 PM	<b>Departure Point:</b> HS <b>Departure Time:</b> 2:40 PM	L
Oct 12, 2024	Sat	Regular Season	Lake George, Saratoga Springs High School, Shaker High School, Shenendehowa High School, Ballston Spa High School, Colonie 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 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park		<b>Departure Point:</b> Craig <b>Departure Time:</b> 9:15 AM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals at Queensbury )	@ TBD	11:00 AM		Queensbury High School		<b>Departure Point:</b> HS <b>Departure Time:</b> 8:15 AM	L

Date: 2025-12-15