



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 |
|--------------|----------|--------------------------|-----------------------------------------------------------------------------------|------------|----------|-------------------------|----------------|---------------------|
| Sep 10, 2024 | Tue | Regular Season | Averill Park High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School | 4:15 PM | 5:55 PM | Saratoga Spa State Park | | L |
| Sep 17, 2024 | Tue | Regular Season | Albany High School, Christian Brothers Academy, Albany @ Ballston Spa High School | 4:15 PM | 5:55 PM | TBD | | 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 |
| Oct 1, 2024 | Tue | Regular Season | Columbia High School, Saratoga Springs High School | 4:15 PM | 5:55 PM | Iroquois Middle School | | L |
| Oct 8, 2024 | Tue | Regular Season | Shaker High School @ Colonie High School | 4:15 PM | 5:55 PM | TBD | | L |
| Oct 26, 2024 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | | NL |

Date: 2024-05-15