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 19, 2025	Tue	Practice (Patroon Land Farm in Voorheesville)	N/A	9:00 AM		TBD		**Departure Point:** HS **Departure Time:** 8:15 AM	
Aug 26, 2025	Tue	Practice (Practice at Saratoga Stat Park)	N/A	7:45 AM		Queensbury High School		**Departure Point:** HS **Departure Time:** 6:45 AM	
Aug 29, 2025	Fri	Practice (Practice at Collins Park)	N/A	8:00 AM		TBD		**Departure Point:** HS **Departure Time:** 7:30 AM	
Sep 2, 2025	Tue	Regular Season 24-33-46 W	Albany High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park		**Departure Point:** HS **Departure Time:** 2:40 PM	L
Sep 6, 2025	Sat	Regular Season	Amsterdam	9:00 AM		Iroquois Middle School			L
Sep 6, 2025	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Colonie High School, Scotia-Glenville	9:30 AM		Iroquois Middle School			NL
Sep 9, 2025	Tue	Regular Season	Averill Park High School, Christian Brothers Academy, Albany @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	**Class Dismissal:** 2:20 PM	**Departure Point:** HS **Departure Time:** 2:30 PM	L
Sep 13, 2025	Sat	Regular Season (QBY INVY)	Auburn, Shaker High School, Greenville, Lake George, Schenectady High School, Monticello, Vernon-Verona-Sherrill, Our Lady of Lourdes, Christian Brothers Academy, Albany, Colonie High School, Roy C Ketcham/ Wappingers JHS, Phoenix, Central Valley Academy, Gloversville, Broadalbin-Perth, Watervliet, Afton (Afton/Harpursville/B-G), Chatham, Amsterdam, Shenendehowa High School, South Lewis, Hudson Falls, TBD @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		**Departure Point:** HS **Departure Time:** 9:15 AM	NL
Sep 16, 2025	Tue	Regular Season 35-50-98 W	Guilderland High School, Columbia High School	4:15 PM	5:55 PM	Iroquois Middle School			L
Sep 27, 2025	Sat	Regular Season (Bowdoin Park Classic)	@ TBD	9:00 AM		TBD		**Departure Point:** HS/School Charter **Departure Time:** 6:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 30, 2025	Tue	Regular Season	Shenendehowa High School, Ballston Spa High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	**Class Dismissal:** 2:15 PM	**Departure Point:** HS **Departure Time:** 2:25 PM	L
Oct 3, 2025	Fri	Regular Season (Holmdel Park New Jersey)	@ TBD	TBD		TBD	**Class Dismissal:** 10:50 AM	**Departure Point:** HS/Wade Charter One Way **Departure Time:** 11:00 AM	NL
Oct 4, 2025	Sat	Regular Season (86th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM		Iroquois Middle School			L
Oct 4, 2025	Sat	Regular Season (86th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM		Iroquois Middle School			L
Oct 4, 2025	Sat	Regular Season (Holmdel Park New Jersey)	@ TBD	9:00 AM		TBD			L
Oct 7, 2025	Tue	Regular Season 35-0-0-27-21 L	TBD, Shaker High School, Schenectady High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	**Class Dismissal:** 2:20 PM	**Departure Point:** HS **Departure Time:** 2:30 PM	L
Oct 11, 2025	Sat	Regular Season (Cross country invy)	Lake George, Shaker High School, Greenville, Schuylerville, Cato-Meridian (Blue Devils), Ballston Spa High School, Baldwinsville, Christian Brothers Academy, Albany, Gloversville, Oneonta, Little Falls, Vernon-Verona-Sherrill, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM	3:25 PM	Saratoga Spa State Park		**Departure Point:** HS **Departure Time:** 7:00 AM	NL
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:25 PM	Saratoga Spa State Park		**Departure Point:** Craig **Departure Time:** 11:30 AM	NL
Nov 8, 2025	Sat	Regular Season (Sectionals)	@ TBD	2:30 PM		Queensbury High School		**Departure Point:** HS **Departure Time:** 11:30 AM	L
Nov 22, 2025	Sat	Post-Season (Federations at Bowdoin Park Wappingers Falls)	@ TBD	9:00 AM		TBD		**Departure Point:** HS/School Charter Bus **Departure Time:** 5:30 AM	NL

Date: 2026-10-12