



Niskayuna High School

(B) MOD9 Cross Country (Modified)

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2018	Sat	Meet (Queensbury Invitational)	Vs. Multiple	9:00 AM		Queensbury HS	Departure Point: HS Departure Time: 6:45 AM	NL
Sep 26, 2018	Wed	Regular Season	Shenendehowa High School, Averill Park High School @ Shaker High School	4:15 PM		TBD	Departure Point: VA, Iroq Departure Time: 2:40 PM	L
Sep 29, 2018	Sat	Meet (South Glens Falls Invitational)	Vs. Multiple	9:00 AM		Moreau Recreational Park	Departure Point: HS Departure Time: 7:00 AM	NL
Oct 3, 2018	Wed	Regular Season	Bethlehem High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Modified), Albany High School	4:15 PM		Iroquois Middle School		L
Oct 10, 2018	Wed	Regular Season	Colonie High School, Guilderland High School @ Ballston Spa High School	4:15 PM	6:30 PM	Saratoga State Park	Departure Point: VA, Iroq Departure Time: 2:30 PM	L
Oct 13, 2018	Sat	Meet (Burnt Hills Cross Country Invitational)	Vs. Multiple	9:15 AM		BH- BL HS	Departure Point: HS Departure Time: 8:15 AM	NL
Oct 18, 2018	Thu	Regular Season	Saratoga Springs High School, Colonie High School, Schenectady High School (Modified) @ Shenendehowa High School	4:30 PM		Shen Cross Country Trail	Departure Point: VA, Iroq Departure Time: 2:50 PM	L
Oct 30, 2018	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM		Saratoga Spa State Park	Departure Point: VA, Iroq Departure Time: 3:00 PM	NL

Date: 2026-02-01