

Coaches:



Niskayuna High School

(B) MOD9 Cross Country (Modified)

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2019	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Averill Park High School @ Guilderland High School	4:15 PM		Tawasentha Park	Departure Point: Iroq, VA Departure Time: 2:50 PM	L
Sep 14, 2019	Sat	Regular Season (Queensbury Invitational)	Niskayuna High School @ TBD	9:00 AM		TBD	Departure Point: Will Ride w/Varsity	NL
Sep 18, 2019	Wed	Regular Season	Shaker High School, Shenendehowa High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Point: Iroq, VA Departure Time: 2:35 PM	L
Sep 26, 2019	Thu	Regular Season	Christian Brothers Academy, Albany, Albany High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Sep 28, 2019	Sat	Regular Season (7th Annual South Glens Falls "K-DAWG" Memorial XC Invitational)	Schuylerville, Amsterdam, Lake George, Hudson Falls @ South Glens Falls	9:00 AM		Moreau Recreational Park	Departure Point: HS Departure Time: 7:00 AM	L
Oct 1, 2019	Tue	Regular Season	Schenectady High School (Modified), Colonie High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	Departure Point: Iroq, VA Departure Time: 2:35 PM	L
Oct 16, 2019	Wed	Regular Season	Ballston Spa High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Point: Craig Departure Time: 8:15 AM	NL

Date: 2026-02-01