



# Niskayuna High School

## (B) MOD9 Cross Country (Modified)

Coaches:

| DATE         | WEEK DAY | TYPE                     | OPPONENTS   | START TIME | END TIME | LOCATION                  | DEPARTURE                          | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------|---|------------|----------|---------------------------|------------------------------------|--|---------------------|
| Sep 22, 2021 | Wed      | Regular Season           | Shaker High School, Ballston Spa High School  | 5:00 PM    | 5:55 PM  | Iroquois Middle School    |                                    |  | L                   |
| Sep 29, 2021 | Wed      | Regular Season           | Bethlehem High School, Christian Brothers Academy, Albany @ Guilderland High School                             | 4:15 PM    | 5:55 PM  | Tawasentha Park           | <b>Class Dismissal:</b><br>2:40 PM | <b>Departure Point:</b><br>VA, Iroq<br><b>Departure Time:</b><br>2:50 PM | L                   |
| Oct 6, 2021  | Wed      | Regular Season           | Schenectady High School (Modified), Burnt Hills-Ballston Lake HS, Shenendehowa High School                      | 4:15 PM    | 5:55 PM  | Iroquois Middle School    |                                    |  | L                   |
| Oct 13, 2021 | Wed      | Regular Season           | Averill Park High School, Burnt Hills-Ballston Lake HS, Christian Brothers Academy, Albany @ Albany High School | 4:15 PM    | 5:55 PM  | Capital Hills Golf Course | <b>Class Dismissal:</b><br>2:25 PM | <b>Departure Point:</b><br>VA, Iroq<br><b>Departure Time:</b><br>2:35 PM | L                   |
| Oct 19, 2021 | Tue      | Regular Season           | Saratoga Springs High School @ Colonie High School  | 4:15 PM    |          | The Crossings of Colonie  |                                    | <b>Departure Point:</b><br>VA, Iroq<br><b>Departure Time:</b><br>2:45 PM | L                   |
| Oct 30, 2021 | Sat      | Meet (SSC Championships) | Vs. Multiple  | 12:00 PM   | 2:55 PM  | Saratoga Spa State Park   |                                    | <b>Departure Point:</b><br>HS<br><b>Departure Time:</b><br>11:00 AM      | NL                  |

Date: 2024-06-02