



Niskayuna High School

(B) MOD9 Cross Country (Modified)

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2022	Wed	Regular Season	Ballston Spa High School, Shaker High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Point: , VA, Iroq Departure Time: 2:50 PM	L
Sep 21, 2022	Wed	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany, Guilderland High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Sep 28, 2022	Wed	Regular Season	Schenectady High School (Modified), Shenendehowa High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	TBD	Departure Point: VA, Iroq Departure Time: 3:00 PM	L
Oct 12, 2022	Wed	Regular Season	Albany High School @ Averill Park High School	4:30 PM	6:10 PM	APHS Cross Country Course	Departure Point: VA, Iroq Departure Time: 2:50 PM	L
Oct 19, 2022	Wed	Regular Season	Colonie High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Point: VA, Iroq Departure Time: 2:50 PM	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park	Departure Point: VA Departure Time: 7:00 AM	NL

Date: 2025-12-16