



# Niskayuna High School

## (B) MOD9 Cross Country (Modified)

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2023	Sat	Regular Season (15th Annual Niskayuna XC Ekiden)	TBD	9:30 AM		Iroquois Middle School		NL
Sep 13, 2023	Wed	Regular Season	Ballston Spa High School, Christian Brothers Academy, Albany @ Albany High School	4:30 PM	6:10 PM	Capital Hills Golf Course	<b>Departure Point:</b> VA, Iroq <b>Departure Time:</b> 2:50 PM	L
Sep 20, 2023	Wed	Regular Season	Bethlehem High School, Guilderland High School @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park	<b>Departure Point:</b> VA, Iroq <b>Departure Time:</b> 3:15 PM	L
Sep 27, 2023	Wed	Regular Season	Shenendehowa High School, Burnt Hills-Ballston Lake HS @ Averill Park High School	4:30 PM	6:10 PM	APHS Cross Country Course	<b>Departure Point:</b> VA, Iroq <b>Departure Time:</b> 2:50 PM	L
Oct 3, 2023	Tue	Regular Season	Saratoga Springs High School @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park	<b>Departure Point:</b> Will Ride w/Varsity	L
Oct 11, 2023	Wed	Regular Season	Shaker High School, Colonie High School	4:30 PM	6:10 PM	Iroquois Middle School		L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park	<b>Departure Point:</b> Craig <b>Departure Time:</b> 7:00 AM	NL

Date: 2025-12-18