



# Niskayuna High School

## (B) MOD9 Cross Country (Modified)

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 18, 2024	Wed	Regular Season	Albany High School, Christian Brothers Academy, Albany @ Ballston Spa High School	4:30 PM	6:10 PM	Ballston Spa Track	Departure Point: Va, Iroq Departure Time: 2:50 PM	L
Sep 25, 2024	Wed	Regular Season	Schenectady High School (Modified), Bethlehem High School, Guilderland High School	4:30 PM	6:10 PM	Iroquois Middle School		L
Oct 9, 2024	Wed	Regular Season	Shaker High School @ Colonie High School	4:30 PM	6:10 PM	Colonie Town Park	Departure Point: Va, Iroq Departure Time: 2:50 PM	L
Oct 16, 2024	Wed	Regular Season	Averill Park High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	Departure Point: Va, Iroq Departure Time: 3:00 PM	L
Oct 22, 2024	Tue	Regular Season	Columbia High School, Saratoga Springs High School	4:30 PM	6:10 PM	Iroquois Middle School		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park	Departure Point: Craig Departure Time: 7:45 AM	NL

Date: 2025-12-16