



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 6, 2025	Sat	Regular Season (Ekiden)	Schuylerville	9:30 AM		Iroquois Middle School			L
Sep 17, 2025	Wed	Regular Season	Guilderland High School, Columbia High School	4:30 PM	6:10 PM	Iroquois Middle School			L
Sep 24, 2025	Wed	Regular Season	Averill Park High School, Christian Brothers Academy, Albany @ Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	BH- BL HS	Class Dismissal: 2:40 PM	Departure Point: HS,Iroq Departure Time: 2:50 PM	L
Oct 4, 2025	Sat	Regular Season (86th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM		Iroquois Middle School			L
Oct 8, 2025	Wed	Regular Season	Shaker High School, Schenectady High School (Modified) @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park		Departure Point: Iroq Departure Time: 2:45 PM	L
Oct 15, 2025	Wed	Regular Season	Albany High School @ Colonie High School	4:30 PM	6:10 PM	Colonie Town Park		Departure Point: ,Iroq Departure Time: 3:00 PM	L
Oct 21, 2025	Tue	Regular Season	Shenendehowa High School, Ballston Spa High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park		Departure Point: ,Iroq Departure Time: 2:40 PM	L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park		Departure Point: Craig Departure Time: 7:00 AM	NL

Date: 2026-02-01