

Coaches:

- Tom O'Malley, Head Coach
- Neil Dickinson, Asst Coach
- Justin Van Epps, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 11, 2021	Sat	Regular Season (Blackbird Invitational)	@ Voorheesville	TBD		Wallace Park		L
Sep 14, 2021	Tue	Regular Season	Shaker High School, Troy, Shenendehowa High School	4:15 PM	5:55 PM	CBA Track		L
Sep 21, 2021	Tue	Regular Season 20-20-15-0 L	Schenectady High School, Saratoga Springs High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park		L
Sep 28, 2021	Tue	Regular Season	Bethlehem High School, Niskayuna High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		L
Oct 5, 2021	Tue	Regular Season	Ballston Spa High School, Colonie High School @ Albany High School	4:30 PM	5:55 PM	Capital Hills Golf Course		L
Oct 12, 2021	Tue	Regular Season	Burnt Hills-Ballston Lake HS @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School, South Glens Falls, Queensbury, Niskayuna High School, Ballston Spa High School, Hadley- Luzerne (Corinth/Hadley Luzerne), Greenville, Oneonta, Shenendehowa High School, Oriskany, New Hartford, Saratoga Springs High School, Troy, Shaker High School, Johnstown @ Burnt Hills-Ballston Lake HS	9:15 AM	12:00 PM	Saratoga Spa State Park		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 22, 2021	Fri	Regular Season (Albany Kiwanis Meet)	Albany Academies, Albany High School, Berne-Knox- Westerlo, Bethlehem High School, Cohoes, Guilderland High School, Ravena-Coeymans, Shaker High School, Voorheesville, Watervliet @ Colonie High School	3:30 PM	5:15 PM	The Crossings of Colonie		L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park		NL

Date: 2025-12-05