

Coaches:

- Neil Dickinson
- Justin Van EppsTom O'Malley, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2024	Tue	Regular Season	Saratoga Springs High School, Shaker High School @ Schenectady High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna		L
Sep 17, 2024	Tue	Regular Season	Niskayuna High School, Albany High School @ Ballston Spa High School	4:15 PM	5:55 PM	TBD		L
Sep 24, 2024	Tue	Regular Season	Shenendehowa High School	4:15 PM	5:55 PM	The Crossings of Colonie		L
Oct 1, 2024	Tue	Regular Season	Colonie High School, Guilderland High School @ Burnt Hills- Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Oct 8, 2024	Tue	Regular Season	Averill Park High School, Bethlehem High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL

Date: 2024-04-28