

Coaches:

• Aidan O'Malley, Head Coach

DATE	WEEK	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 18, 2024	Wed	Regular Season	Niskayuna High School (Modified), Albany High School @ Ballston Spa High School	4:30 PM	6:10 PM	Ballston Spa Track	CBA Van	Departure Point: CBA Departure Time: 3:00 PM	L
Sep 25, 2024	Wed	Regular Season	Shenendehowa High School, Saratoga Springs High School, Averill Park High School, Ballston Spa High School, Colonie High School	4:30 PM		CBA, Albany			L
Oct 8, 2024	Tue	Regular Season	Averill Park High School, Bethlehem High School @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park	Bus/Driver: Yankee Trails	Departure Point: CBA Departure Time: 3:00 PM	L
Oct 16, 2024	Wed	Regular Season	Saratoga Springs High School, Shaker High School @ Schenectady High School (Modified)	4:30 PM		Central Park	Bus/Driver: CBA #5/A. O'Malley	Departure Point: CBA Departure Time: 3:00 PM	L
Oct 22, 2024	Tue	Regular Season	Colonie High School, Guilderland High School @ Burnt Hills- Ballston Lake HS	4:30 PM	6:10 PM	BH- BL HS	Bus/Driver: CBA #5/A. O'Malley	Departure Point: CBA Departure Time: 3:00 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park			NL

Date: 2025-08-21