

## Coaches:

- Wendy Glunk, Head Coach
- Tara Arsenault, Asst Coach
- Larry Quinn, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2024	Tue	Regular Season	Niskayuna High School, Burnt Hills- Ballston Lake HS @ Shenendehowa High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 17, 2024	Tue	Regular Season	Guilderland High School @ Shaker High School	4:15 PM	5:55 PM	The Crossings		L
Sep 24, 2024	Tue	Regular Season	Colonie High School, Ballston Spa High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Oct 1, 2024	Tue	Regular Season	Albany High School, Schenectady High School	4:15 PM	5:55 PM	Schodack Island State Park		L
Oct 8, 2024	Tue	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany @ 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: 2024-05-03