

Ballston Spa High School

(G) V Cross Country

Coaches:

- Theresa Rousseau, Head Coach
- Tara Marie Crisafulli
- Matthew Germann

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (Blackbird Invitational at Voorheesville)	@ TBD	TBD		TBD		Departure Point: high school Departure Time: 6:30 AM	L
Sep 10, 2019	Tue	Regular Season	Bethlehem High School, Troy @ Shenendehowa High School	4:15 PM	5:55 PM	Saratoga Spa State Park		Departure Time: 2:45 PM	L
Sep 17, 2019	Tue	Regular Season (at Colonie Town Park)	Colonie High School, Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Colonie Town Park		Departure Time: 2:45 PM	L
Sep 21, 2019	Sat	Regular Season (Pre-State Invitational at SUNY Plattsburgh)	@ TBD	11:20 AM		TBD		Bus/Driver: Charter	L
Sep 24, 2019	Tue	Regular Season	Schenectady High School, Guilderland High School @ Shaker High School	4:15 PM	6:30 PM	Colonie Mohawk River Town Park		Departure Time: 2:45 PM	L
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ TBD	2:00 PM		TBD		Bus/Driver: Charter Bus	L
Oct 2, 2019	Wed	Regular Season	Saratoga Springs High School, Albany High School, Averill Park High School	4:15 PM	5:55 PM	Saratoga Spa State Park			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	Dolgeville, South Glens Falls, Schuylerville, Greenville, Hadley-Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Saratoga Springs High School, Niskayuna High School, Granville (Granville-Whitehall-Hartford), Stillwater, Colonie High School, Broadalbin-Perth, Johnstown, Lake George, Chittenango @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 8:00 AM		NL
Oct 15, 2019	Tue	Regular Season	Niskayuna High School @ Columbia High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Time: 2:45 PM		L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Point: ride with boys		NL
Nov 4, 2019	Mon	Post-Season (Sectional Championships)	@ TBD	1:00 PM		Saratoga State Park	Departure Point: ride with boys		L
Nov 16, 2019	Sat	Post-Season (State Championships at Plattsburgh High School)	@ TBD	11:00 AM		TBD			L

Date: 2024-05-19