

Ballston Spa High School

(G) V Cross Country

Coaches:

- Chris McNulty, Head Coach
- Charles Racey, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Shaker High School, Schenectady High School, Averill Park High School, Shenendehowa High School, Academy of Holy Names, Voorheesville, Rome Free Academy, Queensbury, Burnt Hills-Ballston Lake HS @ Niskayuna High School	9:30 AM		Iroquois Middle School	Departure Point: ride with boys	NL
Sep 11, 2021	Sat	Regular Season	@ Voorheesville	8:30 AM		TBD	Departure Point: ride with boys	L
Sep 14, 2021	Tue	Regular Season	Averill Park High School, Bethlehem High School @ Burnt Hills-Ballston Lake HS	5:00 PM		Saratoga Spa State Park	Departure Point: with boys	L
Sep 18, 2021	Sat	Regular Season (17th Annual Queensbury-Adirondack Cross Country Classic Invitational)	Schuylerville, South Glens Falls, Niskayuna High School, Bethlehem High School, Shenendehowa High School, Greenville, Albany High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Schenectady High School, Glens Falls, Saratoga Springs High School, Burnt Hills-Ballston Lake HS @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: with boys	NL
Sep 21, 2021	Tue	Regular Season	Columbia High School, Shaker High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	Departure Point: with boys	L
Sep 28, 2021	Tue	Regular Season	Troy @ Schenectady High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna	Departure Point: with boys	L
Oct 2, 2021	Sat	Regular Season (McQuay Invitational Rochester)	@ TBD	12:00 PM		TBD	Departure Point: charter bus	L
Oct 5, 2021	Tue	Regular Season	Colonie High School @ Albany High School	4:30 PM	5:55 PM	Capital Hills Golf Course	Departure Point: with boys	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 12, 2021	Tue	Regular Season	Guilderland High School, Shenendehowa High School, Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga State Park	Departure Time: 2:30 PM	L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School, South Glens Falls, Queensbury, Niskayuna High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Greenville, Oneonta, New Hartford, Oriskany, Saratoga Springs High School, Shaker High School, Johnstown, Troy, Scotia-Glenville, North Warren, Chatham @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Point: with boys	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park	Departure Point: with boys	NL
Nov 5, 2021	Fri	Post-Season (Sectionals)	@ TBD	TBD		TBD	Departure Point: ride with boys	L

Date: 2026-01-05