

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 6, 2022	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Bethlehem High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Point: charter - need return bus	L
Sep 10, 2022	Sat	Regular Season (Voorheesville Invitational at New Scotland Town Park)	@ TBD	TBD		TBD	Departure Point: to New Scotland Town Park Departure Time: 7:15 AM	L
Sep 13, 2022	Tue	Regular Season	Niskayuna High School, Shaker High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Point: charter - need return bus	L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Monroe-Woodbury, Schuylerville, Niskayuna High School, Schenectady High School, South Glens Falls, Saratoga Springs High School, Coxsackie-Athens, Glens Falls, Granville (Granville-Whitehall-Hartford), Shaker High School, Roy C Ketcham/ Wappingers JHS, Remsen, Amsterdam, John Jay HS/ Van Wyck JHS, Colonie High School, Our Lady of Lourdes, Albany High School, Maple Hill, Chatham @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:00 AM	NL
Sep 20, 2022	Tue	Regular Season	Schenectady High School, Troy	4:15 PM	5:55 PM	Saratoga State Park	Departure Time: 2:45 PM	L
Sep 27, 2022	Tue	Regular Season	Albany High School @ Colonie High School	4:15 PM	5:55 PM	The Crossings of Colonie	Departure Point: charter - need return bus	L
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational - Genesee Valley Park Rochester)	@ TBD	12:40 PM		TBD	Departure Point: charter	L
Oct 8, 2022	Sat	Regular Season (Manhattan Invitational - Manhattan College)	@ TBD	12:40 PM		TBD	Departure Point: charter	L
Oct 11, 2022	Tue	Regular Season	Shenendehowa High School, Saratoga Springs High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Point: ride with boys	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Niskayuna High School, Schenectady High School, South Glens Falls, Oneonta, Saratoga Springs High School, Granville (Granville-Whitehall- Hartford), Shaker High School, Schuylerville, Guilderland High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:45 AM	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	Departure Point: ride with boys	NL
Nov 5, 2022	Sat	Post-Season (Sectional Championships)	@ TBD	2:00 PM		Queensbury High School	Departure Point: ride with boys	L

Date: 2025-12-19