

# 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	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	<b>Departure Point:</b> charter - need return bus	L
Sep 10, 2022	Sat	Regular Season (Voorheesville Invitational at New Scotland Town Park)	@ TBD	TBD		TBD	<b>Departure Point:</b> to New Scotland Town Park <b>Departure Time:</b> 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	<b>Departure Point:</b> 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), Shaker High School, Roy C Ketcham/Wappingers JHS, Remsen (Remsen/Town of Webb), 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	<b>Departure Time:</b> 7:00 AM	NL
Sep 20, 2022	Tue	Regular Season	Schenectady High School, Troy	4:15 PM	5:55 PM	Saratoga State Park	<b>Departure Time:</b> 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	<b>Departure Point:</b> charter - need return bus	L
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational - Genesee Valley Park Rochester)	@ TBD	12:40 PM		TBD	<b>Departure Point:</b> charter	L
Oct 8, 2022	Sat	Regular Season (Manhattan Invitational - Manhattan College )	@ TBD	12:40 PM		TBD	<b>Departure Point:</b> charter	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 11, 2022	Tue	Regular Season	Shenendehowa High School, Saratoga Springs High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	<b>Departure Point:</b> ride with boys	L
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), 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	<b>Departure Time:</b> 7:45 AM	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> ride with boys	NL
Nov 5, 2022	Sat	Post-Season (Sectional Championships )	@ TBD	2:00 PM		Queensbury High School	<b>Departure Point:</b> ride with boys	L

Date: 2023-01-31