

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 9, 2023	Sat	Regular Season	@ Voorheesville	TBD		TBD	Departure Point: ride with boys	L
Sep 12, 2023	Tue	Regular Season	Niskayuna High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	Departure Point: ride with boys	L
Sep 19, 2023	Tue	Regular Season	Saratoga Springs High School, Colonie High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Point: ride with boys	L
Sep 23, 2023	Sat	Regular Season (Queensbury invitational)	Amsterdam, Schenectady High School, Schuylerville, Hadley-Luzerne (Corinth/Hadley Luzerne), Glens Falls, Shaker High School, Greenville, Chittenango, Shenendehowa High School, Maple Hill, Troy, Albany High School, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: ride with boys	L
Sep 30, 2023	Sat	Regular Season (Invitational at Moreau Park)	@ TBD	11:00 AM		TBD	Departure Point: ride with boys	L
Oct 3, 2023	Tue	Regular Season	Shenendehowa High School, Shaker High School, Bethlehem High School	4:15 PM	5:55 PM	Saratoga State Park	Departure Point: ride with boys	L
Oct 10, 2023	Tue	Regular Season	Schenectady High School, Troy @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Point: ride with boys	L
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invitational)	Jamesville-Dewitt, Schuylerville, Granville (Granville-Whitehall), Johnstown, Edmeston (Edmeston/Morris), Shaker High School, Colonie High School, Shenendehowa High School, Albany High School, Scotia-Glenville, Greenville, Queensbury, Troy, Glens Falls @ Burnt Hills-Ballston Lake HS	8:00 AM		Saratoga Spa State Park	Departure Point: ride with boys	NL
Oct 17, 2023	Tue	Regular Season	Guilderland High School @ Columbia High School	4:15 PM	6:15 PM	Cross Country B&G - Schodack Island State Park	Departure Point: ride with boys	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	Departure Point: ride with boys	NL
Nov 4, 2023	Sat	Post-Season (Section 2 Championships - Queensbury HS)	@ TBD	TBD		TBD	Departure Point: ride with boys	L

Date: 2023-12-04