

Ballston Spa High School

(B) V Cross Country

Coaches:

- Tara Marie Crisafulli, Head Coach
- Chris McNulty, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Regular Season	@ Voorheesville	TBD		TBD	Departure Time: 7:15 AM	L
Sep 12, 2023	Tue	Regular Season	Niskayuna High School, Christian Brothers Academy, Albany @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	Departure Time: 2:45 PM	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 Time: 2:45 PM	L
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:45 AM	NL
Sep 30, 2023	Sat	Regular Season (Invitational at Moreau Park)	@ TBD	11:00 AM		TBD	Departure Time: 8:00 AM	L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Shaker High School, Albany High School @ Schenectady High School	9:00 AM	4:00 PM	Central Park	Departure Time: 7:30 AM	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 Time: 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invy)	Colonie High School, Granville (Granville-Whitehall-Hartford), Schuylerville, Johnstown, Edmeston (Edmeston/Morris), Jamesville-Dewitt, Shaker High School, Shenendehowa High School, Albany High School, Troy, Greenville, Queensbury, Scotia-Glenville, Glens Falls @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:45 AM	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 Time: 2:35 PM	L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	Departure Point: drop off by auto museum Departure Time: 10:45 AM	NL
Nov 4, 2023	Sat	Post-Season (Section 2 Championships - Queensbury HS)	@ TBD	TBD		TBD	Departure Time: 9:45 AM	L

Date: 2024-05-04