

Ballston Spa High School

(B) V Cross Country

Coaches:

- Ben Guerin, Head Coach
- Charles Racey, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (Blackbird Invitational at Voorheesville)	@ TBD	TBD		TBD		Departure Point: high school	L
Sep 10, 2019	Tue	Regular Season	Bethlehem High School, Troy @ Shenendehowa High School	4:15 PM	5:55 PM	Saratoga Spa State Park		Departure Point: high school Departure Time: 2:45 PM	L
Sep 17, 2019	Tue	Regular Season	Colonie High School, Burnt Hills-Ballston Lake HS, TBD @ Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Colonie Town Park		Departure Point: high school Departure Time: 2:45 PM	L
Sep 21, 2019	Sat	Regular Season (Pre-State Invitational at SUNY Plattsburgh)	@ TBD	11:55 AM		TBD	Bus/Driver: Charter		L
Sep 24, 2019	Tue	Regular Season	Schenectady High School, Guilderland High School @ Shaker High School	4:15 PM	6:30 PM	Colonie Mohawk River Town Park		Departure Point: high school Departure Time: 2:45 PM	L
Sep 28, 2019	Sat	Regular Season (McQuaid Invitational)	@ TBD	2:00 PM		TBD	Bus/Driver: Charter Bus		L
Oct 2, 2019	Wed	Regular Season	Saratoga Springs High School, Albany High School, Averill Park High School	4:15 PM	5:55 PM	Saratoga Spa State Park			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	Dolgeville, South Glens Falls, Schuylerville, Greenville, Hadley-Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Oneonta, Niskayuna High School, Saratoga Central Catholic, Johnstown, Stillwater, Lake George, Scotia-Glenville, Broadalbin-Perth, Granville (Granville-Whitehall-Hartford), Chittenango, Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 8:00 AM		NL
Oct 15, 2019	Tue	Regular Season	Niskayuna High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Point: high school Departure Time: 2:45 PM		L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Time: 11:15 AM		NL
Nov 4, 2019	Mon	Post-Season (Sectional Championships)	@ TBD	11:00 AM		Saratoga State Park	Departure Time: 8:30 AM		L

Date: 2025-12-29