

# 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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Shaker High School, Schenectady High School, LaSalle Institute, Averill Park High School, Voorheesville, Rome Free Academy, Queensbury, Shenendehowa High School @ Niskayuna High School	9:30 AM		Iroquois Middle School-Niskayuna	<b>Departure Time:</b> 7:15 AM	L
Sep 11, 2021	Sat	Regular Season	@ Voorheesville	8:30 AM		TBD	<b>Departure Time:</b> 6:50 AM	L
Sep 14, 2021	Tue	Regular Season	Averill Park High School, Bethlehem High School @ Burnt Hills-Ballston Lake HS	5:00 PM		Saratoga Spa State Park	<b>Departure Time:</b> 3:30 PM	L
Sep 18, 2021	Sat	Regular Season (Queensbury Adirondack XC Invitational)	Schuylerville, South Glens Falls, Niskayuna High School, Bethlehem High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Albany High School, Greenville, Shenendehowa High School, Saratoga Springs High School, Shaker High School, Schenectady High School, Glens Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 7:45 AM	NL
Sep 21, 2021	Tue	Regular Season	Columbia High School, Shaker High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	<b>Departure Time:</b> 2:45 PM	L
Sep 28, 2021	Tue	Regular Season	Troy @ Schenectady High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna	<b>Departure Time:</b> 2:45 PM	L
Oct 2, 2021	Sat	Regular Season (McQuay Invitational Rochester)	@ TBD	12:00 PM		TBD	<b>Departure Point:</b> charter bus	L
Oct 5, 2021	Tue	Regular Season	Christian Brothers Academy, Albany, Colonie High School @ Albany High School	4:30 PM	5:55 PM	Capital Hills Golf Course	<b>Departure Time:</b> 2:45 PM	L

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Oct 12, 2021	Tue	Regular Season	Guilderland High School, Shenendehowa High School, Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga State Park	<b>Departure Point:</b> with girls	L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School, South Glens Falls, Queensbury, Niskayuna High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Greenville, Oneonta, Shenendehowa High School, Christian Brothers Academy, Albany, Oriskany, New Hartford, Saratoga Springs High School, Troy, Shaker High School, Johnstown @ Burnt Hills-Ballston Lake HS	9:15 AM	12:00 PM	Saratoga Spa State Park	<b>Departure Time:</b> 8:00 AM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park	<b>Departure Time:</b> 11:45 AM	NL
Nov 5, 2021	Fri	Post-Season (Sectionals )	@ TBD	TBD	TBD		<b>Departure Time:</b> 11:00 AM <b>Return Date:</b> <b>Return Time:</b> 3:30 PM	L

Date: 2025-12-19