

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 7, 2024	Sat	Regular Season	Voorheesville	9:00 AM		Wallace Park	Departure Point: ride with girls	L
Sep 10, 2024	Tue	Regular Season	Columbia High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Time: 2:35 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 17, 2024	Tue	Regular Season	Niskayuna High School, Albany High School, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Saratoga State Park	Departure Time: 2:35 PM	L
Sep 24, 2024	Tue	Regular Season	Averill Park High School, Colonie High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 2:45 PM	L
Sep 28, 2024	Sat	Regular Season (McQuade Invitational - Rochester)	@ TBD	8:50 AM		TBD	Departure Point: Charter	L
Oct 1, 2024	Tue	Regular Season	Shenendehowa High School, Bethlehem High School @ Shaker High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park	Departure Time: 2:45 PM	L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	@ Schenectady High School	9:00 AM		Central Park	Departure Time: 7:45 AM	L
Oct 8, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS @ Schenectady High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna	Departure Time: 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2024	Sat	Regular Season	Lake George, Saratoga Springs High School, Niskayuna High School, Shaker High School, Shenendehowa High School, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:30 AM	NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park	Departure Time: 10:00 AM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals at Queensbury High School)	@ TBD	11:00 AM		Queensbury High School	Departure Time: 9:00 AM	L

Date: 2025-12-19