

# 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 7, 2024	Sat	Regular Season	Voorheesville	9:00 AM		Wallace Park	<b>Departure Point:</b> ride with girls	L
Sep 10, 2024	Tue	Regular Season	Columbia High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	<b>Departure Time:</b> 2:35 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen/Town of Webb), 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	<b>Departure Time:</b> 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	<b>Departure Time:</b> 2:45 PM	L
Sep 28, 2024	Sat	Regular Season (McQuade Invitational - Rochester )	@ TBD	8:50 AM		TBD	<b>Departure Point:</b> 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	<b>Departure Time:</b> 2:45 PM	L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	@ Schenectady High School	9:00 AM		Central Park	<b>Departure Time:</b> 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	<b>Departure Time:</b> 2:45 PM	L

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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	<b>Departure Time:</b> 7:30 AM	NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park	<b>Departure Time:</b> 10:00 AM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals at Queensbury High School )	@ TBD	11:00 AM		Queensbury High School	<b>Departure Time:</b> 9:00 AM	L

Date: 2025-02-14