

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 2, 2025	Tue	Regular Season	Shaker High School, Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 2:35 PM	L
Sep 6, 2025	Sat	Regular Season (Blackbird Invitational)	@ TBD	TBD		TBD	Departure Time: 7:15 AM	L
Sep 9, 2025	Tue	Regular Season	Albany High School, Schenectady High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Time: 2:35 PM	L
Sep 13, 2025	Sat	Regular Season (Queensbury Adirondack Invitational)	@ TBD	TBD		TBD		L
Sep 16, 2025	Tue	Regular Season 15-15-15-0 L	Colonie High School, Saratoga Springs High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Time: 2:35 PM	L
Sep 27, 2025	Sat	Regular Season (South Glens Falls Invitational at Moreau State Park)	@ TBD	TBD		TBD	Departure Time: 8:00 AM	L
Sep 27, 2025	Sat	Regular Season (McQuaid Invitational Rochester)	@ TBD	TBD		TBD	Departure Point: charter	L
Sep 30, 2025	Tue	Regular Season	Shenendehowa High School, Niskayuna High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	Departure Time: 2:45 PM	L
Oct 4, 2025	Sat	Regular Season (XC Invitational)	Greenville, Colonie High School @ Saratoga Springs High School	9:00 AM	3:00 PM	Pitney Meadows Community Farm	Departure Time: 9:45 AM	NL
Oct 7, 2025	Tue	Regular Season	Guilderland High School @ Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Colonie Mohawk River Park	Departure Time: 2:45 PM	L

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Oct 11, 2025	Sat	Regular Season (Cross country invy)	Niskayuna High School, Lake George, Shaker High School, Greenville, Schuylerville, Cato-Meridian (Blue Devils), Baldwinsville, Christian Brothers Academy, Albany, Gloversville, Oneonta, Little Falls, Vernon-Verona-Sherrill, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM	3:25 PM	Saratoga Spa State Park	Departure Time: 7:30 AM	NL
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:25 PM	Saratoga Spa State Park	Departure Time: 11:45 AM	NL
Nov 8, 2025	Sat	Post-Season (Sectionals @ Queensbury HS)	@ TBD	TBD		TBD	Departure Time: 11:00 AM	L

Date: 2025-12-05