

# Bethlehem High School

## (B) V Cross Country

### Coaches:

- Andrew Rickert, Head Coach
- Ciena Lentz, Asst Coach
- Christian Verstandig, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 5, 2023	Tue	Regular Season	Colonie High School, Albany High School, Troy	4:15 PM	5:55 PM	Elm Avenue Park		L
Sep 12, 2023	Tue	Regular Season	Saratoga Springs High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 19, 2023	Tue	Regular Season	Niskayuna High School, Guilderland High School @ Schenectady High School	4:15 PM	5:55 PM	Tawasentha Park		L
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Oct 3, 2023	Tue	Regular Season	Shenendehowa High School, Shaker High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park		L
Oct 10, 2023	Tue	Regular Season	Averill Park High School, Columbia High School, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Elm Avenue Park		L

Date: 2025-08-20