

Coaches:

• Megan James, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGU / NON- LEAGU
Sep 10, 2024	Tue	Regular Season	Averill Park High School, Niskayuna High School @ Shenendehowa High School	5:15 PM	6:55 PM	Shen Cross Country Trail	ı	L
Sep 17, 2024	Tue	Regular Season	Saratoga Springs High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	ı	L
Sep 24, 2024	Tue	Regular Season	Shaker High School, Columbia High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	I	L
Oct 1, 2024	Tue	Regular Season	Guilderland High School, Colonie High School	4:15 PM	5:55 PM	Saratoga Spa State Park	ı	L
Oct 8, 2024	Tue	Regular Season	Ballston Spa High School @ Schenectady High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna	ı	L
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational)	Little Falls	9:00 AM		Saratoga Spa State Park		NL
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational)	Chatham	9:00 AM		Saratoga Spa State Park	ı	NL
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invy)	Queensbury	9:00 AM		Saratoga Spa State Park	ı	NL
Oct 12, 2024	Sat	Regular Season (BH-BL XC Invitational)	Amsterdam	9:00 AM		Saratoga Spa State Park	ı	L
Oct 12, 2024	Sat	Regular Season	Lake George, Niskayuna High School, Shaker High School, Shenendehowa High School, Ballston Spa High School, Colonie High School	9:00 AM		Saratoga Spa State Park	I	NL
Oct 12, 2024	Sat	Regular Season (Burnt Hills XC Invitational)	Our Lady of Lourdes	9:00 AM		Saratoga Spa State Park	ı	L
Oct 12, 2024	Sat	Regular Season (Burnt Hills Cross Country Invitational)	Broadalbin-Perth	9:15 AM		Saratoga Spa State Park	I	NL
Oct 12, 2024	Sat	Regular Season (BH-BL Invitational)	Edmeston (Edmeston/Morris)	9:30 AM		TBD	I	NL
Oct 12, 2024	Sat	Regular Season	Waterville	11:00 AM		Saratoga Spa State Park	ı	L
Oct 12, 2024	Sat	Regular Season (XC Invitational)	Greenville	12:15 PM		Saratoga Spa State Park	ļ	NL

DATE	WEE! DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park		NL
Nov 9, 2024	Sat	Post-Season	TBD	1:30 PM		Queensbury HS	Bus/Driver: Burnt Hills	L
Nov 16, 2024	Sat	Post-Season	TBD	1:00 PM	5:00 PM	Queensbury HS	Bus/Driver: Burnt Hills	L

Date: 2025-12-05