

Coaches:

- Alex James
- Joseph Carr

DATE	WEEK	TYPE	OPPONENTS	START TIME	END TIME	LOCATION TRANSPORTATION	LEAGUE N / NON- LEAGUE
Sep 18, 2024	Wed	Regular Season	Saratoga Springs High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park	L
Sep 25, 2024	Wed	Regular Season	Shaker High School, Columbia High School @ Albany High School	4:30 PM	6:10 PM	Capital Hills Golf Course	L
Oct 9, 2024	Wed	Regular Season	Ballston Spa High School @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park	L
Oct 12, 2024	Sat	Regular Season	Shaker High School, Ballston Spa High School	9:00 AM		Saratoga Spa State Park	NL
Oct 12, 2024	Sat	Regular Season (Burnt Hills Cross Country Invitational)	Broadalbin-Perth	9:15 AM		Saratoga Spa State Park	NL
Oct 16, 2024	Wed	Regular Season	Averill Park High School, Niskayuna High School (Modified) @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	L
Oct 22, 2024	Tue	Regular Season	Guilderland High School, Colonie High School	4:30 PM	6:10 PM	BH- BL HS	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park	NL

Date: 2025-12-09