



Burnt Hills-Ballston Lake HS

(B) MOD9 Cross Country

Coaches:

- Alex James

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---|------------|----------|--------------------------------|----------------|---------------------|
| Sep 13, 2023 | Wed | Regular Season | Saratoga Springs High School, Bethlehem High School | 4:30 PM | 6:10 PM | BH- BL HS | | L |
| Sep 20, 2023 | Wed | Regular Season | Albany High School, Columbia High School @ Shaker High School | 4:30 PM | 6:10 PM | Colonie Mohawk River Town Park | | L |
| Sep 27, 2023 | Wed | Regular Season | Shenendehowa High School, Niskayuna High School (Modified) @ Averill Park High School | 4:30 PM | 6:10 PM | APHS Cross Country Course | | L |
| Oct 4, 2023 | Wed | Regular Season | Colonie High School, Guilderland High School @ Christian Brothers Academy, Albany | 4:30 PM | | CBA, Albany | | L |
| Oct 11, 2023 | Wed | Regular Season | Schenectady High School (Modified), Ballston Spa High School | 4:30 PM | 6:10 PM | BH- BL HS | | L |
| Oct 14, 2023 | Sat | Regular Season (Burnt Hills Cross Country Invitational) | Broadalbin-Perth | 9:00 AM | | Saratoga Spa State Park | | NL |
| Oct 14, 2023 | Sat | Regular Season | Granville (Granville-Whitehall-Hartford) | 9:00 AM | | Saratoga Spa State Park | | L |
| Oct 14, 2023 | Sat | Regular Season (4th Burnt Hills Cross Country Invitational) | Hudson Falls | 9:00 AM | | Saratoga Spa State Park | | NL |
| Oct 14, 2023 | Sat | Regular Season (4th Annual Burnt Hills CC Invitational) | Schuylerville, Shaker High School, Colonie High School | 9:00 AM | | Saratoga Spa State Park | | NL |
| Oct 28, 2023 | Sat | Meet (SSC Championships) | Vs. Multiple | 9:00 AM | 11:55 AM | Saratoga Spa State Park | | NL |

Date: 2026-02-12