



# Saratoga Springs High School

## (G) V Cross Country

### Coaches:

- Art Kranick, Head Coach
- Linda Kranick, Asst Coach

| DATE         | WEEK DAY | TYPE                     | OPPONENTS  | START TIME | END TIME | LOCATION                                       | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------|--|------------|----------|--|----------------|---------------------|
| Aug 21, 2023 | Mon      | Practice                 | N/A  | 10:00 AM   |          | Saratoga Spa State Park                        |                |                     |
| Aug 22, 2023 | Tue      | Practice                 | N/A  | 10:00 AM   |          | Saratoga Spa State Park                        |                |                     |
| Aug 23, 2023 | Wed      | Practice                 | N/A  | 10:00 AM   |          | Saratoga Spa State Park                        |                |                     |
| Aug 24, 2023 | Thu      | Practice                 | N/A  | 10:00 AM   |          | Saratoga Spa State Park                        |                |                     |
| Aug 25, 2023 | Fri      | Practice                 | N/A  | 10:00 AM   |          | Saratoga Spa State Park                        |                |                     |
| Sep 5, 2023  | Tue      | Regular Season           | Schenectady High School, Shaker High School                              | 5:30 PM    | 5:55 PM  | Saratoga Spa State Park                        |                | L                   |
| Sep 12, 2023 | Tue      | Regular Season           | Bethlehem High School @ Burnt Hills-Ballston Lake HS                     | 4:15 PM    | 5:55 PM  | Saratoga Spa State Park                        |                | L                   |
| Sep 19, 2023 | Tue      | Regular Season           | Colonie High School, Ballston Spa High School @ Averill Park High School | 4:15 PM    | 5:55 PM  | Schodack Island State Park                     |                | L                   |
| Oct 3, 2023  | Tue      | Regular Season           | Niskayuna High School, Troy @ Columbia High School                       | 4:15 PM    | 5:55 PM  | Cross Country B&G - Schodack Island State Park |                | L                   |
| Oct 10, 2023 | Tue      | Regular Season           | Shenendehowa High School, Albany High School @ Guilderland High School   | 4:15 PM    | 5:55 PM  | Tawasentha Park                                |                | L                   |
| Oct 28, 2023 | Sat      | Meet (SSC Championships) | Vs. Multiple   | 1:00 PM    | 3:55 PM  | Saratoga Spa State Park                        |                | NL                  |

Date: 2024-05-07