

Coaches:

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

| DATE | WEEK | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|------|-----------------------------|---|---------------|-------------|--|----------------|----------------------------|
| 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: 2024-05-02