



# Saratoga Springs High School

## (G) V Cross Country

### Coaches:

- Thomas Reilly
- Eric Trombley
- Tom Reilly

| DATE         | WEEK DAY | TYPE                                      | OPPONENTS                                                                                                                                                                                                                                                                                                                                                                                            | START TIME | END TIME | LOCATION                             | DEPARTURE                        | TRANSPORTATION                                                                                                                          | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|--------------------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Sep 6, 2022  | Tue      | Regular Season                            | Colonie High School, Niskayuna High School                                                                                                                                                                                                                                                                                                                                                           | 4:15 PM    | 5:55 PM  | Saratoga Spa State Park              |                                  | <b>Departure Time:</b> 3:00 PM                                                                                                          | L                   |
| Sep 10, 2022 | Sat      | Regular Season (Pre State Meet)           | @ TBD                                                                                                                                                                                                                                                                                                                                                                                                | TBD        |          | Cross Country Course                 | <b>Bus/Driver:</b> Yankee Trails | <b>Departure Date:</b> Sep 9, 2022<br><b>Departure Time:</b> 2:45 PM<br><b>Return Date:</b> Sep 10, 2022<br><b>Return Time:</b> 6:00 PM | NL                  |
| Sep 14, 2022 | Wed      | Regular Season                            | Schenectady High School, Averill Park High School                                                                                                                                                                                                                                                                                                                                                    | 4:15 PM    | 5:55 PM  | The Crossings of Colonie             |                                  | <b>Departure Time:</b> 3:00 PM                                                                                                          | L                   |
| Sep 17, 2022 | Sat      | Regular Season (Queensbury Invitational ) | Monroe-Woodbury, Ballston Spa High School, Schuylerville, Niskayuna High School, Schenectady High School, South Glens Falls, Coxsackie-Athens, Glens Falls, Granville (Granville-Whitehall-Hartford), Shaker High School, Roy C Ketcham/Wappingers JHS, Remsen, Amsterdam, John Jay HS/ Van Wyck JHS, Colonie High School, Our Lady of Lourdes, Albany High School, Maple Hill, Chatham @ Queensbury | 9:00 AM    |          | Queensbury HS, Trails @ Elem. School |                                  | <b>Departure Time:</b> 8:30 AM                                                                                                          | NL                  |
| Sep 20, 2022 | Tue      | Regular Season                            | Shaker High School, Burnt Hills-Ballston Lake HS @ Albany High School                                                                                                                                                                                                                                                                                                                                | 4:15 PM    | 5:55 PM  | Capital Hills Golf Course            |                                  | <b>Departure Time:</b> 2:45 PM                                                                                                          | L                   |
| Sep 27, 2022 | Tue      | Regular Season                            | Columbia High School, Troy @ Bethlehem High School                                                                                                                                                                                                                                                                                                                                                   | 4:15 PM    | 5:55 PM  | Elm Avenue Park                      |                                  | <b>Departure Time:</b> 2:45 PM                                                                                                          | L                   |

| DATE         | WEEK DAY | TYPE                                                 | OPPONENTS                                                                                                                                                                                                                                                                                                                | START TIME | END TIME | LOCATION                             | DEPARTURE                                           | TRANSPORTATION                 | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|--------------------------------------|-----------------------------------------------------|--------------------------------|---------------------|
| Oct 8, 2022  | Sat      | Regular Season (Saratoga Cross Country Invitational) | Broadalbin-Perth                                                                                                                                                                                                                                                                                                         | 9:30 AM    |          | Pitney Meadows Community Farm        |                                                     |                                | NL                  |
| Oct 11, 2022 | Tue      | Regular Season                                       | Ballston Spa High School, Shenendehowa High School @ Guilderland High School                                                                                                                                                                                                                                             | 4:15 PM    | 5:55 PM  | Tawasentha Park                      | <b>Departure Time:</b> 2:45 PM                      |                                | L                   |
| Oct 15, 2022 | Sat      | Regular Season (Burnt Hills Invy)                    | Niskayuna High School, Schenectady High School, South Glens Falls, Oneonta, Granville (Granville-Whitehall-Hartford), Shaker High School, Schuylerville, Guilderland High School, Ballston Spa High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS | 9:00 AM    |          | Saratoga Spa State Park              | <b>Bus/Driver:</b> Shuttle                          | <b>Departure Time:</b> 8:00 AM | L                   |
| Oct 21, 2022 | Fri      | Regular Season (Greenwich Invy)                      | @ TBD                                                                                                                                                                                                                                                                                                                    | 4:15 PM    |          | High School                          |                                                     |                                | L                   |
| Oct 29, 2022 | Sat      | Meet (SSC Championships)                             | Vs. Multiple                                                                                                                                                                                                                                                                                                             | 1:00 PM    | 3:55 PM  | Saratoga Spa State Park              |                                                     |                                | NL                  |
| Nov 5, 2022  | Sat      | Post-Season (Sectionals)                             | @ Queensbury                                                                                                                                                                                                                                                                                                             | 9:00 AM    |          | Queensbury HS, Trails @ Elem. School | <b>Return Date:</b><br><b>Return Time:</b> 12:00 PM |                                | NL                  |

Date: 2025-12-06