



# 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 26, 2024	Mon	Practice	N/A	10:00 AM	12:30 PM	TBD		
Aug 27, 2024	Tue	Practice	N/A	10:00 AM	12:30 PM	TBD		
Aug 28, 2024	Wed	Practice	N/A	10:00 AM	12:30 PM	TBD		
Aug 30, 2024	Fri	Practice	N/A	10:00 AM	12:30 PM	TBD		
Aug 31, 2024	Sat	Practice	N/A	10:00 AM	12:30 PM	TBD		
Sep 1, 2024	Sun	Practice	N/A	10:00 AM	12:30 PM	TBD		
Sep 2, 2024	Mon	Practice	N/A	10:00 AM	12:30 PM	TBD		
Sep 3, 2024	Tue	Practice	N/A	10:00 AM	12:30 PM	TBD		
Sep 4, 2024	Wed	Practice	N/A	10:00 AM	12:30 PM	TBD		
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	TBD		
Sep 7, 2024	Sat	Regular Season	@ Fonda-Fultonville	9:30 AM		Fonda-Fultonville HS	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:00 AM	L
Sep 10, 2024	Tue	Regular Season	Shaker High School @ Schenectady High School	4:15 PM	5:55 PM	Saratoga State Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:45 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen (Remsen/Town of Webb), Roy C Ketcham/Wappingers JHS, Schenectady High School, Schuylerville, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Auburn, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:30 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	L
Sep 24, 2024	Tue	Regular Season	Averill Park High School, Colonie High School, Ballston Spa High School	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 3:00 PM	L
Oct 1, 2024	Tue	Regular Season	Columbia High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:45 PM	L
Oct 5, 2024	Sat	Regular Season (Gettysburg Invitational)	@ TBD	8:30 AM		TBD		NL
Oct 8, 2024	Tue	Regular Season	Shenendehowa High School, Guilderland High School, Albany High School	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 3:00 PM	L
Oct 12, 2024	Sat	Regular Season (2024 Burnt Hills XC Invitational)	Schuylerville	9:00 AM		Saratoga Spa State Park		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park		NL

Date: 2025-01-20