



Saratoga Springs High School

(G) MOD9 Cross Country

Coaches:

- Daniel Van Cott

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|--------------------------------------|--------------------------------|---------------------|
| Sep 15, 2022 | Thu | Regular Season | Schenectady High School (Modified), Averill Park High School | 4:15 PM | 5:55 PM | CBA, Albany | | L |
| Sep 17, 2022 | Sat | Regular Season (Queensbury Invitational) | Schuylerville, South Glens Falls, Glens Falls, Shaker High School, Ballston Spa High School, Maple Hill @ Queensbury | 9:00 AM | | Queensbury HS, Trails @ Elem. School | Departure Time: 7:30 PM | L |
| Sep 21, 2022 | Wed | Regular Season | Shaker High School, Burnt Hills-Ballston Lake HS @ Albany High School | 4:15 PM | 5:55 PM | Capital Hills Golf Course | | L |
| Sep 28, 2022 | Wed | Regular Season | Columbia High School @ Bethlehem High School | 4:15 PM | 5:55 PM | Elm Avenue Park | | L |
| Oct 12, 2022 | Wed | Regular Season | Ballston Spa High School, Shenendehowa High School @ Guilderland High School | 4:30 PM | 5:55 PM | Tawasentha Park | | L |
| Oct 19, 2022 | Wed | Regular Season | Colonie High School, Niskayuna High School (Modified) | 4:15 PM | 5:55 PM | Saratoga Spa State Park | | L |
| Oct 29, 2022 | Sat | Meet (SSC Championships) | Vs. Multiple | 9:00 AM | 1:55 PM | Saratoga Spa State Park | | NL |

Date: 2024-05-03