

Coaches:

- Shane Zanetti, Head Coach
- Thomas Reilly, Asst Coach

| DATE | WEEK DAY | ТҮРЕ | 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 16, 2023 | Sat | Regular Season (VVS HS Pre-State Meet Invite) | @ TBD | TBD | | TBD | | NL |
| 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 | Departure Time: 2:40 PM | L |
| Sep 23, 2023 | Sat | Regular Season (Cross Country Invy) | Colonie High School, Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia- Glenville @ Queensbury | 9:00 AM | | Queensbury HS, Trails @ Elem. School | Departure Time: 8:00 AM | NL |
| Sep 30, 2023 | Sat | Regular Season (McQuaid Invite - Genesee Valley Park) | @ TBD | TBD | | Genesee Valley Park | Departure Time: 7:00 AM | NL |
| 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 | | Tawasentha Park | | L |
| Oct 14, 2023 | Sat | Regular Season (Burnt Hills Invite at Saratoga Spa) | @ TBD | 9:15 AM | | Saratoga Spa State Park | | NL |
| Oct 28, 2023 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:00 PM | 3:55 PM | Saratoga Spa State Park | | NL |
| Nov 4, 2023 | Sat | Post-Season (Section 2 Championships at Queensbury HS) | @ TBD | 11:00 AM | | Adirondack Community College | Departure Time: 9:00 AM | NL |

| DATE | WEEI DAY | К ТҮРЕ | OPPONENTS | START TIME | END TIME LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|-----------|---------------|----------------------|----------------|----------------------------|
| Nov 11, 2023 | Sat | Post-Season (NYSPHSAA Championships at VVS HS) | @ TBD | TBD | TBD | | NL |

Date: 2024-05-08