



# Saratoga Springs High School

## (B) MOD9 Cross Country

### Coaches:

- Shane Zanetti

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 28, 2023	Mon	Practice	N/A	8:30 AM		Pitney Meadows Community Farm		
Sep 13, 2023	Wed	Regular Season	Bethlehem High School @ Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	BH- BL HS		L
Sep 20, 2023	Wed	Regular Season	Christian Brothers Academy, Albany, Averill Park High School, Ballston Spa High School, Colonie High School @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail		L
Sep 23, 2023	Sat	Regular Season (Queensbury Invite 9am Mod, Freshman)	@ TBD	9:00 AM		TBD	<b>Departure Time:</b> 7:00 AM	NL
Sep 27, 2023	Wed	Regular Season	Schenectady High School (Modified), Shaker High School, Christian Brothers Academy, Albany	4:30 PM	6:10 PM	Saratoga Spa State Park		L
Oct 3, 2023	Tue	Regular Season	Niskayuna High School (Modified) @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park		L
Oct 7, 2023	Sat	Regular Season (Saratoga Springs Invite at Pitney Farm)	@ TBD	10:00 AM		Pitney Meadows Community Farm		NL
Oct 11, 2023	Wed	Regular Season	Shenendehowa High School, Albany High School @ Guilderland High School	4:30 PM	6:10 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	Regular Season (McQuaid Invite - Genesee Valley Park)	@ TBD	9:00 AM		Genesee Valley Park	<b>Departure Time:</b> 7:00 AM	L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park		NL

Date: 2024-04-25