

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Aug 19, 2019	Mon	Practice	N/A	4:30 PM	6:00 PM	Saratoga Central Catholic High School	
Aug 20, 2019	Tue	Practice	N/A	4:30 PM	6:00 PM	Saratoga Central Catholic High School	
Aug 21, 2019	Wed	Practice	N/A	4:30 PM	6:00 PM	Saratoga Central Catholic High School	
Aug 22, 2019	Thu	Practice	N/A	4:30 PM	6:00 PM	Saratoga Central Catholic High School	
Aug 23, 2019	Fri	Practice	N/A	4:30 PM	6:00 PM	Saratoga Central Catholic High School	
Aug 26, 2019	Mon	Practice	N/A	4:30 PM	6:00 PM	Spa State Park XC for SCC	
Aug 27, 2019	Tue	Practice	N/A	4:30 PM	6:00 PM	Spa State Park XC for SCC	
Aug 28, 2019	Wed	Practice	N/A	4:30 PM	6:00 PM	Spa State Park XC for SCC	
Aug 29, 2019	Thu	Practice	N/A	4:30 PM	6:00 PM	Spa State Park XC for SCC	
Aug 30, 2019	Fri	Practice	N/A	4:30 PM	6:00 PM	Spa State Park XC for SCC	
Sep 5, 2019	Thu	Practice	N/A	2:30 PM	4:00 PM	Spa State Park XC for SCC	
Sep 6, 2019	Fri	Practice	N/A	2:30 PM	4:00 PM	Spa State Park XC for SCC	
Sep 9, 2019	Mon	Practice	N/A	2:30 PM	4:00 PM	Spa State Park XC for SCC	
Sep 11, 2019	Wed	Practice	N/A	2:30 PM	4:00 PM	Spa State Park XC for SCC	
Sep 12, 2019	Thu	Practice	N/A	2:30 PM	4:00 PM	Spa State Park XC for SCC	
Sep 13, 2019	Fri	Practice	N/A	2:30 PM	4:00 PM	Spa State Park XC for SCC	

DATE	WEEK DAY	TYPE	OPPONENTS	START EN	ID ME LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 14, 2019	Sat	Meet (Queensbury XC Invitational)	Vs. Multiple	9:00 AM	Queensbury HS, Trails @ Elem. School			NL
Sep 14, 2019	Sat	Regular Season (Invitational)	@ TBD	4:15 PM	Queensbury HS, Trails @ Elem. School			NL
Sep 18, 2019	Wed	Regular Season (Race)	Greenwich, Stillwater	4:15 PM	Spa State Park XC for SCC	Bus/Driver: SCC bus driven by Kenny	Departure Point: Saratoga Central Catholic Departure Time: 2:30 PM Return Date: Return Time: 2:45 PM	L
Sep 24, 2019	Tue	Regular Season	Mechanicville @ Emma Willard	4:15 PM	Emma Willard School	<b>Bus/Driver:</b> Upstate	Departure Point: Saratoga Central Catholic Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Oct 1, 2019	Tue	Regular Season	Mechanicville, Waldorf School of Saratoga Springs @ Berlin	4:15 PM	Berlin HS	Bus/Driver: Upstate Class Dismissal: 2:05 PM	Departure Point: Saratoga Central Catholic Departure Time: 2:15 PM Return Date: Return Time: 7:45 PM	L
Oct 8, 2019	Tue	Regular Season (Race)	Hoosic Valley, Waldorf School of Saratoga Springs, Stillwater @ Emma Willard	4:15 PM	Emma Willard School	<b>Bus/Driver:</b> Upstate	Departure Point: Saratoga Central Catholic Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L

DATE	WEEK DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	END TIME LOCAT	ION E	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	Dolgeville, South Glens Falls, Schuylerville, Greenville, Hadley-Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Oneonta, Niskayuna High School, Ballston Spa High School, Johnstown, Stillwater, Lake George, Scotia- Glenville, Broadalbin- Perth, Granville (Granville- Whitehall- Hartford), Chittenango, Shaker High School @ Burnt Hills- Ballston Lake HS	9:00 AM	Saratog Spa Sta Park			NL
Oct 15, 2019	Tue	Meet (Adirondack / Wasaren League Crossover Meet )	Vs. Multiple	4:00 PM	Lake George Elemen School #12 Cro Country Trails	ntary - oss		NL
Oct 18, 2019	Fri	Regular Season (Invitational)	@ Greenwich	4:00 PM	Spa Sta Park X0 SCC			NL
Oct 22, 2019	Tue	Meet (Wasaren League Championship)	Vs. Multiple	2:30 PM	TBD		<b>Bus/Driver:</b> Jpstate	NL

Date: 2025-12-11