

Ballston Spa High School

(G) V Cross Country

Coaches:

- Theresa Rousseau, Head Coach
- Chris McNulty, Asst Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------|--|------------|----------|-----------------------------------|---|---------------------|
| Sep 10, 2024 | Tue | Regular Season | Columbia High School @ Guilderland High School | 4:15 PM | 5:55 PM | Tawasentha Park | Departure Point: ride with boys | L |
| Sep 24, 2024 | Tue | Regular Season | Averill Park High School, Colonie High School @ Saratoga Springs High School | 4:15 PM | 5:55 PM | Saratoga Spa State Park | Departure Point: ride with boys | L |
| Oct 1, 2024 | Tue | Regular Season | Shenendehowa High School, Bethlehem High School @ Shaker High School | 4:15 PM | 5:55 PM | Colonie Mohawk River Town Park | Departure Point: ride with boys | L |
| Oct 8, 2024 | Tue | Regular Season | Burnt Hills-Ballston Lake HS @ Schenectady High School | 4:15 PM | 5:55 PM | Iroquois Middle School, Niskayuna | Departure Point: ride with boys | L |
| Oct 26, 2024 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | Departure Point: ride with boys | NL |

Date: 2024-07-27