

# 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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 8, 2018	Sat	Regular Season	@ TBD	TBD		TBD		<b>Departure Time:</b> 7:30 AM	L
Sep 11, 2018	Tue	Regular Season	Troy, Colonie High School @ Bethlehem High School	4:15 PM		Elm Avenue Park		<b>Departure Point:</b> ride with boys	L
Sep 15, 2018	Sat	Regular Season	@ TBD	TBD		TBD			L
Sep 18, 2018	Tue	Regular Season	Schenectady High School, Columbia High School	4:15 PM		Saratoga State Park		<b>Departure Point:</b> high school <b>Departure Time:</b> 2:45 PM	L
Sep 22, 2018	Sat	Regular Season	@ TBD	9:30 AM		TBD			L
Sep 25, 2018	Tue	Regular Season	Shaker High School, Niskayuna High School @ Burnt Hills-Ballston Lake HS	4:15 PM		Saratoga Spa State Park		<b>Departure Time:</b> 3:15 PM	L
Sep 29, 2018	Sat	Regular Season	@ TBD	TBD		TBD		<b>Bus/Driver:</b> Advantage - charter bus	L
Oct 2, 2018	Tue	Regular Season	Saratoga Springs High School @ Averill Park High School	4:15 PM		Saratoga Spa State Park		<b>Departure Time:</b> 2:45 PM	L
Oct 9, 2018	Tue	Regular Season	Guilderland High School, Albany High School @ Shenendehowa High School	4:15 PM		TBD		<b>Departure Point:</b> ride with boys <b>Departure Time:</b> 3:00 PM	L
Oct 13, 2018	Sat	Regular Season	@ TBD	TBD		Saratoga State Park		<b>Departure Time:</b> 9:30 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L
POSTPONED Oct 27, 2018	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	<b>Bus/Driver:</b> ride with boys	<b>Departure Point:</b> high school	NL
Oct 30, 2018	Tue	Regular Season (SCC Championships)	TBD	4:00 PM		Saratoga State Park		<b>Departure Time:</b> 2:45 PM	L
Nov 2, 2018	Fri	Post-Season (Sectionals)	@ TBD	11:30 AM		Saratoga State Park		<b>Departure Time:</b> 9:45 AM	L

Date: 2024-12-23