

Coaches:

• Megan James, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2024	Tue	Regular Season	Averill Park High School, Niskayuna High School @ Shenendehowa High School	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Sep 17, 2024	Tue	Regular Season	Saratoga Springs High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park		L
Sep 24, 2024	Tue	Regular Season	Shaker High School, Columbia High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course		L
Oct 8, 2024	Tue	Regular Season	Ballston Spa High School @ Schenectady High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL

Date: 2024-07-14