

Coaches:

- Shane Zanetti
- Cole Harris

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Schuylerville, Greenville, Shaker High School, Maple Hill, Broadalbin-Perth, Scotia-Glenville, Schenectady High School (Modified), Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: High School Departure Time: 7:00 AM	NL
Sep 18, 2024	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park	Departure Point: High School Departure Time: 2:40 PM	L
Sep 25, 2024	Wed	Regular Season	Shenendehowa High School, Averill Park High School, Ballston Spa High School, Colonie High School @ Christian Brothers Academy, Albany	4:30 PM	6:10 PM	CBA, Albany	Departure Point: High School Departure Time: 2:40 PM	L
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	TBD	9:00 AM		Genesee Valley Park	Departure Point: High School Departure Time: 7:00 AM	L
Oct 5, 2024	Sat	Regular Season (Saratoga Invitational)	TBD	10:00 AM		Pitney Meadows Community Farm		L
Oct 5, 2024	Sat	Regular Season (XC Invitational)	Greenville	10:30 AM		Saratoga Spa State Park		NL
Oct 9, 2024	Wed	Regular Season	Shenendehowa High School, Guilderland High School, Albany High School	4:30 PM	6:10 PM	Saratoga Spa State Park	Departure Point: High School Departure Time: 2:40 PM	L
Oct 12, 2024	Sat	Regular Season	Shaker High School, Ballston Spa High School @ Burnt Hills- Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL
Oct 16, 2024	Wed	Regular Season	Shaker High School, Christian Brothers Academy, Albany @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park	Departure Point: High School Departure Time: 2:40 PM	L
Oct 22, 2024	Tue	Regular Season	Columbia High School @ Niskayuna High School (Modified)	4:30 PM	6:10 PM	Iroquois Middle School	Departure Point: High School Departure Time: 2:40 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM		Saratoga Spa State Park		NL

Date: 2024-09-15