

2010 Suburban Council Cross Country Schedule

First Practice – August 23rd

Meet Start Time - 4:00pm

Tuesday, September 14th

Burnt Hills, Bethlehem @ Ballston Spa (Ballston Spa HS)
 Mohonasen, Colonie @ Shenendehowa (Shenendehowa HS)
 Guilderland, Shaker @ Niskayuna (Iroquois Middle School)
 Averill Park, Saratoga @ Columbia (Columbia HS)

Tuesday, September 21st

Columbia, Shaker @ Bethlehem (Elm Avenue Park)
 Shenendehowa, Niskayuna @ Averill Park (Averill Park HS)
 Ballston Spa, Saratoga @ Colonie (The Crossings of Colonie)
 Burnt Hills, Mohonason @ Guilderland (Tawasentha Park)

Tuesday, September 28th

Niskayuna, Mohonasen, Columbia @ Ballston Spa (Ballston Spa HS)
 Colonie, Shaker, Averill Park @ Burnt Hills (Saratoga State Park)
 Bethlehem, Guilderland, Saratoga @ Shenendehowa (Shenendehowa HS)

Tuesday, October 12th

Ballston Spa, Averill Park @ Guilderland (Tawasentha Park)
 Columbia, Shenendehowa @ Burnt Hills (Saratoga State Park)
 Bethlehem, Colonie @ Niskayuna (Iroquois Middle School)
 Shaker, Saratoga @ Mohonasen (Maple Ski Ridge)

Monday, October 18th

Bethlehem, Mohonason @ Averill Park (@SPAC)

Tuesday, October 19th

Shenendehowa, Ballston Spa @ Shaker (Colonie Town Park)
 Guilderland, Columbia @ Colonie (The Crossings of Colonie)
 Niskayuna, Burnt Hills @ Saratoga (SPAC)

Saturday, October 30th

Suburban Council Championships @ Saratoga State Park – 1:30pm start

Invitationals

		<u>Team</u>	<u># of Home Meets</u>	<u># of meets @Saratoga</u>
Niskayuna Ekiden	Sept. 4	A.Park	2(1@SPAC)	2
Guilderland / Shaker / Voorheesville	Sept. 11	B.Spa	2	0
Fort Plain	Sept. 18	Beth.	1	1
McQuaid / Proctor / Queensbury / Bowdoin	Sept. 25	B.Hills	2	3
Grout / Cobleskill / Great American	Oct. 2	Colonie	2	1
Manhattan	Oct. 9	Colum	1	1
Burnt Hills	Oct. 16	Guild	2	0
County Meets	Oct. 22	Mohon	1	1
Sectionals @ Saratoga State Park	Nov. 5	Nisky	2	1
State Meet @ Lakeside Park (Section 1)	Nov. 13	Saratoga	1	1
Federation Meet @ Bowdoin State Park	Nov. 20	Shaker	1	1
		Shen	2	1