

# 2023 Suburban Council Cross Country Championships

## TEAM RESULTS

Plac	Name	Scor	Total	Avg	Avg	Team	Scoring
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### Girls Modified Race

1	Burnt Hills-Ballston Lake	68	1:09:40	13:56	13:11	1:31	4-10-15-19-20
2	Niskayuna	77	1:10:12	14:02	13:17	3:51	2-5-11-13-49-84-121
3	Bethlehem Central	80	1:09:56	13:59	13:14	2:30	1-16-18-21-24-30-35
4	Columbia (Sec 2)	81	1:10:44	14:08	13:23	1:36	6-12-14-23-26-52-53
5	Saratoga Springs	130	1:13:57	14:47	14:00	2:48	8-17-27-34-46-65-76
6	Shenendehowa	171	1:16:36	15:19	14:30	0:47	29-31-33-37-43-44-47
7	Shaker	179	1:17:08	15:25	14:36	4:47	3-32-40-45-75-78-80
8	Guilderland	184	1:17:38	15:31	14:41	2:44	22-28-38-39-68-83-85
9	Schenectady	196	1:18:54	15:46	14:56	4:38	7-25-36-71-86
10	Ballston Spa (Modified)	237	1:23:08	16:37	15:44	5:03	9-56-57-63-89-94-95
11	Averill Park	265	1:24:34	16:54	16:00	0:32	54-55-58-64-69-88-100
12	Albany High School	352	1:45:07	21:01	19:54	9:14	72-82-97-115-117-118

### Boys Modified Race

1	Saratoga Springs	41	59:59	11:59	11:21	1:02	1-4-7-13-16-18-29
2	Burnt Hills-Ballston Lake	78	1:01:36	12:19	11:39	1:13	3-10-11-26-28-38-50
3	Schenectady	104	1:02:51	12:34	11:54	2:05	2-12-15-27-52-63-71
4	Bethlehem Central	109	1:03:12	12:38	11:57	1:02	9-17-23-24-37-51-75
5	Niskayuna	115	1:03:20	12:40	11:59	0:57	8-21-25-30-32-54-59
6	Shaker	118	1:03:15	12:39	11:58	1:34	5-6-33-34-43-72-79
7	Christian Brothers Academy	201	1:06:47	13:21	12:38	1:36	14-20-58-64-70-85-147
8	Averill Park	237	1:07:57	13:35	12:52	1:04	35-36-53-65-73-101-110
9	Shenendehowa	245	1:08:43	13:44	13:00	1:20	40-42-49-61-82-83-87
10	Guilderland	246	1:08:37	13:43	12:59	1:14	41-45-46-55-84-90-91
11	Colonie	305	1:13:36	14:43	13:56	4:18	22-66-86-98-129-131-140
12	Ballston Spa (Modified)	333	1:14:27	14:53	14:05	2:55	39-80-96-105-117-135-139
13	Albany High School	364	1:25:44	17:08	16:14	7:31	19-134-141-148-155

### Girls Freshmen

1	Saratoga Springs	43	1:03:15	12:39	11:58	0:42	5-8-9-10-11-20-21
2	Burnt Hills-Ballston Lake	55	1:02:19	12:27	11:48	2:47	1-3-4-7-44-61
3	Shenendehowa	57	1:03:46	12:45	12:04	1:22	2-6-14-17-18-22-23
4	Guilderland	83	1:05:56	13:11	12:29	0:45	12-13-15-16-27-35-41
5	Colonie	150	1:09:05	13:49	13:04	0:40	24-28-31-36-38-43-51
6	Bethlehem Central	160	1:10:06	14:01	13:16	1:53	19-29-32-37-57-65-67
7	Averill Park	213	1:14:47	14:57	14:09	3:59	26-39-46-64-95
8	Columbia (Sec 2)	221	1:15:44	15:08	14:20	4:00	25-48-58-59-94
9	Shaker	222	1:14:19	14:51	14:04	1:07	40-52-55-56-60-68-75

### Boys Freshmen

1	Saratoga Springs	24	53:09	10:37	10:03	0:39	2-3-5-6-8-9-12
2	Shaker	62	54:40	10:56	10:21	1:45	1-4-14-23-25-33-35
3	Shenendehowa	73	56:16	11:15	10:39	0:37	7-11-18-20-22-31-77

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Plac	Name	Scor	Total	Avg	Avg	Team	Scoring
4	Guilderland	106	57:41	11:32	10:55	0:39	13-19-24-28-30-38-47
5	Burnt Hills-Ballston Lake	107	57:45	11:33	10:56	0:29	16-17-26-27-29-41-48
6	Christian Brothers Academy	210	1:06:38	13:19	12:37	4:18	15-32-60-79-84
7	Bethlehem Central	211	1:04:15	12:51	12:10	1:04	39-42-55-61-64-66-70
8	Albany High School	219	1:04:41	12:56	12:14	1:21	36-51-58-63-67-74-88
9	Colonie	249	1:08:05	13:37	12:53	3:00	40-62-65-73-83-85-89
10	Schenectady	274	1:10:27	14:05	13:20	3:14	45-71-75-80-86

## Girls JV Race

1	Bethlehem Central	35	1:41:25	20:17	10:42	1:03	3-5-6-7-14-23-25
2	Saratoga Springs	47	1:41:05	20:13	10:40	2:38	1-2-4-16-24-28-42
3	Guilderland	65	1:43:44	20:44	10:56	0:51	8-11-13-15-18-19-21
4	Shenendehowa	109	1:46:57	21:23	11:17	1:33	9-17-20-31-32-34-35
5	Shaker	132	1:48:23	21:40	11:26	2:30	10-12-29-45-57-70-73
6	Colonie	176	1:52:15	22:27	11:50	2:26	27-30-33-41-77
7	Niskayuna	177	1:52:47	22:33	11:54	2:18	22-26-56-58-68-87-91
8	Columbia (Sec 2)	217	1:57:02	23:24	12:21	2:32	36-51-67-71-82-83-90

## Boys JV Race

1	Saratoga Springs	28	1:27:38	17:31	9:14	0:23	2-3-5-8-10-16-20
2	Guilderland	55	1:28:43	17:44	9:21	0:24	4-11-12-13-15-17-19
3	Shenendehowa	67	1:29:34	17:54	9:27	1:11	1-6-7-28-32-45-57
4	Niskayuna	137	1:32:19	18:27	9:44	1:13	14-23-25-44-53-78-85
5	Colonie	163	1:33:17	18:39	9:50	0:41	26-31-33-43-58-83-87
6	Bethlehem Central	169	1:33:32	18:42	9:52	0:58	18-41-46-48-50-51-55
7	Burnt Hills-Ballston Lake	189	1:34:22	18:52	9:57	0:49	27-35-49-52-64-94-124
8	Shaker	220	1:35:13	19:02	10:02	0:55	36-42-59-61-70-89-95
9	Columbia (Sec 2)	226	1:36:02	19:12	10:08	1:43	29-38-56-71-102-109-114
10	Christian Brothers Academy	282	1:40:20	20:04	10:35	3:35	9-80-116-133-140-143-150
11	Albany High School	320	1:42:52	20:34	10:51	3:46	54-88-90-128-160-165
12	Ballston Spa	359	1:59:49	23:57	12:38	15:12	67-122-154-157-197

## Girls Varsity Race

1	Bethlehem Central	37	1:30:54	18:10	9:35	0:37	4-6-8-9-10-11-22
2	Saratoga Springs	50	1:31:31	18:18	9:39	1:51	1-2-14-16-17-19
3	Niskayuna	108	1:36:08	19:13	10:08	0:59	13-21-23-24-27-34-65
4	Guilderland	111	1:36:11	19:14	10:09	2:10	3-12-25-35-36-37-39
5	Shenendehowa	117	1:36:45	19:21	10:12	1:50	7-20-29-30-31-33-45
6	Shaker	168	1:40:21	20:04	10:35	1:38	18-28-38-41-43-73
7	Burnt Hills-Ballston Lake	192	1:41:11	20:14	10:40	3:43	5-26-50-52-59-66
8	Colonie	220	1:43:05	20:37	10:52	1:03	32-42-47-48-51-60-63
9	Columbia (Sec 2)	224	1:43:19	20:39	10:54	2:54	15-46-49-56-58-64-68
10	Albany High School	297	1:54:49	22:57	12:07	6:41	40-53-57-74-82
11	Ballston Spa	307	1:53:29	22:41	11:58	4:46	44-55-69-70-78-79
12	Schenectady	331	1:58:30	23:42	12:30	5:39	54-62-71-76-81-83

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## **TEAM RESULTS**

<b>Plac</b>	<b>Name</b>	<b>Scor</b>	<b>Total</b>	<b>Avg</b>	<b>Avg</b>	<b>Team</b>	<b>Scoring</b>
<b>Boys Varsity Race</b>							
1	Saratoga Springs	73	1:21:00	16:12	8:32	1:22	1-7-16-20-29-30-50
2	Guilderland	77	1:20:45	16:09	8:31	1:24	2-3-8-24-40-47-58
3	Burnt Hills-Ballston Lake	98	1:21:52	16:22	8:38	1:17	5-6-13-25-49-52-56
4	Colonie	116	1:22:39	16:31	8:43	0:49	9-11-23-31-42-67-77
5	Niskayuna	126	1:22:29	16:29	8:42	1:32	4-12-26-33-51-55-59
6	Shenendehowa	166	1:23:49	16:45	8:50	1:11	15-18-35-37-61-64-89
7	Christian Brothers Academy	189	1:24:27	16:53	8:54	1:36	14-17-41-45-72-73-84
8	Shaker	195	1:24:34	16:54	8:55	0:54	21-22-44-48-60-78-83
9	Bethlehem Central	202	1:24:53	16:58	8:57	1:15	19-28-38-54-63-65-75
10	Columbia (Sec 2)	264	1:26:32	17:18	9:07	1:02	34-43-46-70-71-90
11	Ballston Spa	290	1:28:12	17:38	9:18	2:49	10-53-66-74-87-88-94
12	Albany High School	300	1:28:14	17:38	9:18	1:36	32-39-68-80-81-91-97
13	Averill Park	303	1:28:42	17:44	9:21	1:53	27-36-76-79-85-92-96
14	Schenectady	356	1:30:00	18:00	9:29	1:41	57-62-69-82-86-93-95