

### WEEK 1 – Saturday, 9/11/10

	TIME	HOME		AWAY
FLAG A	10:15 am 9:00 am 10:15 am 9:00 am 10:15 am 9:00 am	Saratoga A East Greenbush A Albany A Scotia Glenville A Burnt Hills A No. Colonie A	vs	Troy A Ballston Spa A Colonie A Guilderland A Rotterdam A Bethlehem A
FLAG B	11:30 am 10:15 am 11:30 am 10:15 am 11:30 am 10:15 am	Saratoga B East Greenbush B Albany B Scotia Glenville B Burnt Hills B No. Colonie B	vs	Troy B Ballston Spa B Colonie B Guilderland B Rotterdam B Bethlehem B
FLAG C	10:15 am 11:30 am 10:15 am 11:30 am 10:15 am 11:30 am	Heldeburg East Greenbush C Averill Park B Scotia Glenville C Schenectady Belmont A No. Colonie C	vs	Troy C Ballston Spa C Colonie C Guilderland C Rotterdam C Bethlehem C
FLAG D	10:15 am 10:15 am 10:15 am 11:30 am BYE WEEK	Niskayuna No. Columbia County South Troy Schenectady Belmont B Watervliet	vs	Rensselaer Ravena Averil Park A Greene County

### WEEK 2 – Saturday, 9/18/10

	TIME	HOME		AWAY
FLAG A	10:15 9:00 9:00 9:00 9:00 9:00	Ballston Spa A Colonie A Guilderland A Rotterdam A Bethlehem A Troy A	vs	Saratoga A East Greenbush A Albany A Scotia Glenville A Burnt Hills A No. Colonie A
FLAG B	11:30 10:15 10:15 10:15 10:15 10:15	Ballston Spa B Colonie B Guilderland B Rotterdam B Bethlehem B Troy B	vs	Saratoga B East Greenbush B Albany B Scotia Glenville B Burnt Hills B No. Colonie B
FLAG C	10:15 11:30 11:30 11:30 11:30 11:30	Ballston Spa C Colonie C Guilderland C Rotterdam C Bethlehem C Troy C	vs	Heldeburg East Greenbush C Averill Park B Scotia Glenville C Schenectady Belmont A No. Colonie C
FLAG D	10:15 10:15 10:15 10:15 BYE WEEK	Rensselaer Ravena Greene County Watervliet Averill Park A	vs	Schenectady Belmont B Niskayuna No. Columbia County South Troy

### WEEK 3 – Saturday, 9/25/10

	TIME	HOME		AWAY
FLAG A	10:15	Saratoga A	vs	Bethlehem A
	9:00	East Greenbush A		Troy A
	10:15	Albany A		Ballston Spa A
	9:00	Scotia Glenville A		Colonie A
	10:15	Burnt Hills A		Guilderland A
	9:00	No. Colonie A		Rotterdam
FLAG B	11:30	Saratoga B	vs	Bethlehem B
	10:15	East Greenbush B		Troy B
	11:30	Albany B		Ballston Spa B
	10:15	Scotia Glenville B		Colonie B
	11:30	Burnt Hills B		Guilderland B
	10:15	No. Colonie B		Rotterdam B
FLAG C	10:15	Heldeburg	vs	Bethlehem C
	11:30	East Greenbush C		Troy C
	10:15	Averill Park B		Ballston Spa C
	11:30	Scotia Glenville C		Colonie C
	10:15	Schenectady Belmont A		Guilderland C
	11:30	No. Colonie C		Rotterdam C
FLAG D	10:15	Rensselaer	vs	Watervliet
	10:15	Ravena		Schenectady Belmont B
	10:15	South Troy		No. Columbia County
	11:30	Averill Park A		Greene County
	BYE WEEK	Niskayuna		

### WEEK 4 – Saturday, 10/2/10

	TIME	HOME		AWAY
FLAG A	9:00 am	Ballston Spa A	vs	No. Colonie A
	9:00 am	Colonie A		Saratoga A
	9:00 am	Guilderland A		East Greenbush A
	9:00 am	Rotterdam A		Albany A
	9:00 am	Bethlehem A		Scotia Glenville A
	9:00 am	Troy A		Burnt Hills A
FLAG B	10:15 am	Ballston Spa B	vs	No. Colonie B
	10:15 am	Colonie B		Saratoga B
	10:15 am	Guilderland B		East Greenbush B
	10:15 am	Rotterdam B		Albany B
	10:15 am	Bethlehem B		Scotia Glenville B
	10:15 am	Troy B		Burnt Hills B
FLAG C	11:30 am	Ballston Spa C	vs	No. Colonie B
	11:30 am	Colonie C		Heldeburg
	11:30 am	Guilderland C		East Greenbush C
	11:30 am	Rotterdam C		Averill Park B
	11:30 am	Bethlehem C		Scotia Glenville C
	11:30 am	Troy C		Schenectady Belmont A
FLAG D	10:15 am	Niskayuna	vs	Greene County
	10:15 am	Ravena		South Troy
	10:15 am	Averill Park A		No. Columbia County
	10:15 am	Schenectady Belmont B		Watervliet
	BYE WEEK	Rensselaer		

### WEEK 5 – Saturday, 10/9/10

	TIME	HOME		AWAY
FLAG A	9:00 am 9:00 am 9:00 am 9:00 am 9:00 am 9:00 am	Ballston Spa A Colonie A Guilderland A Rotterdam A Bethlehem A Troy A	vs	Burnt Hills A No. Colonie A Saratoga A East Greenbush A Albany A Scotia Glenville A
FLAG B	10:15 am 10:15 am 10:15 am 10:15 am 10:15 am	Ballston Spa B Colonie B Guilderland B Rotterdam B Bethlehem B Troy B	vs	Burnt Hills B No. Colonie B Saratoga B East Greenbush B Albany B Scotia Glenville B
FLAG C	11:30 am 11:30 am 11:30 am 11:30 am 11:30 am 11:30 am	Ballston Spa C Colonie C Guilderland C Rotterdam C Bethlehem C Troy C	vs	Schenectady Belmont A No. Colonie B Heldeburg East Greenbush C Averill Park B Scotia Glenville C
FLAG D	10:15 am 10:15 am 12:30 pm 10:15 am BYE WEEK	Rensselaer No. Columbia County Greene County Watervliet South Troy	vs	Averill Park A Schenectady Belmont B Ravena Niskayuna

### WEEK 6 – Saturday, 10/16/10

	TIME	HOME		AWAY
FLAG A	10:15 9:00 10:15 9:00 10:15 9:00	Saratoga A East Greenbush A Albany A Scotia Glenville A Burnt Hills A No. Colonie A	vs	Rotterdam A Bethlehem A Troy A Ballston Spa A Colonie A Guilderland A
FLAG B	11:30 10:15 11:30 10:15 11:30 10:15	Saratoga B East Greenbush B Albany B Scotia Glenville B Burnt Hills B No. Colonie B	vs	Rotterdam B Bethlehem B Troy B Ballston Spa B Colonie B Guilderland B
FLAG C	10:15 11:30 10:15 11:30 10:15 11:30	Heldeburg East Greenbush C Averill Park B Scotia Glenville C Schenectady Belmont A No. Colonie C	vs	Rotterdam C Bethlehem C Troy C Ballston Spa C Colonie C Guilderland C
FLAG D	10:15 10:15 11:30 10:15 BYE WEEK	Niskayuna No. Columbia County Averill Park A Greene County Schenectady Belmont B	vs	South Troy Rensselaer Ravena Watervliet

**WEEK 7 – Saturday, 10/23/10**

	<b>TIME</b>	<b>HOME</b>		<b>AWAY</b>
FLAG D	10:15 am	South Troy	vs	Rensselaer
	10:15 am	Schenectady Belmont B		Niskayuna
	10:15 am	Watervliet		Averill Park A