

Ballston Spa High School

(B) MOD9 Cross Country

Coaches:

- Tim Moseman, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2018	Sat	Regular Season	@ TBD	TBD	TBD		Departure Time: 7:30 AM Return Date: Return Time: 11:30 AM	L
Oct 1, 2018	Mon	Regular Season	Saratoga Springs High School, Burnt Hills-Ballston Lake HS @ Bethlehem High School	4:15 PM		Elm Avenue Park	Departure Point: middle school Departure Time: 2:35 PM	L
Oct 3, 2018	Wed	Regular Season	Shenendehowa High School, Guilderland High School @ Saratoga Springs High School	4:15 PM		Saratoga Spa State Park	Departure Point: middle school Departure Time: 3:00 PM	L
Oct 6, 2018	Sat	Regular Season	@ TBD	9:00 AM		TBD	Departure Time: 7:15 AM	L
Oct 10, 2018	Wed	Regular Season	Niskayuna High School (Modified), Colonie High School, Guilderland High School	4:15 PM	6:30 PM	Saratoga State Park	Departure Point: middle school Departure Time: 2:45 PM	L
Oct 17, 2018	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Albany High School @ Averill Park High School	4:15 PM		APHS Cross Country Course	Departure Point: middle school Departure Time: 2:45 PM	L
Oct 30, 2018	Tue	Meet (SSC Championships)	Vs. Multiple		4:00 PM	Saratoga Spa State Park	Departure Point: middle school Departure Time: 2:45 AM	NL

Date: 2026-01-27