

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 11, 2019 | Wed | Regular Season | Bethlehem High School @ Shenendehowa High School | 4:15 PM | 5:55 PM | Shen Cross Country Trail | Departure Point: middle school Departure Time: 3:00 PM | L |
| Sep 18, 2019 | Wed | Regular Season | Burnt Hills-Ballston Lake HS @ Christian Brothers Academy, Albany | 4:15 PM | 5:55 PM | CBA Track | Departure Point: middle school Departure Time: 2:45 PM | L |
| Sep 25, 2019 | Wed | Regular Season | Schenectady High School (Modified), Guilderland High School @ Shaker High School | 4:15 PM | 6:00 PM | Colonie Town Park | Departure Point: middle school Departure Time: 2:45 PM | L |
| Oct 3, 2019 | Thu | Regular Season | Saratoga Springs High School, Albany High School, Averill Park High School | 4:15 PM | 5:55 PM | Saratoga Spa State Park | | L |
| Oct 12, 2019 | Sat | Regular Season (@ Burnt Hills Invitational) | Greenville, Colonie High School, Amsterdam, Queensbury, Lake George @ Burnt Hills-Ballston Lake HS | 9:15 AM | | Saratoga Spa State Park | Departure Time: 8:00 AM | NL |
| Oct 16, 2019 | Wed | Regular Season | @ Niskayuna High School (Modified) | 4:15 PM | 5:55 PM | Iroquois Middle School | Departure Point: middle school Departure Time: 2:45 PM | L |
| Oct 26, 2019 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | Departure Point: middle school Departure Time: 8:00 AM | NL |

Date: 2024-05-19