

# 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 18, 2021	Sat	Regular Season (Queensbury 17th Annual Adirondack Cross Country Invitational)	Saratoga Springs High School, Greenville, Shaker High School, Glens Falls @ TBD	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> front of middle school <b>Departure Time:</b> 7:00 AM	NL
Sep 22, 2021	Wed	Regular Season	Shaker High School @ Niskayuna High School (Modified)	5:00 PM	5:55 PM	Iroquois Middle School	<b>Departure Point:</b> tennis courts <b>Departure Time:</b> 3:15 PM	L
Sep 29, 2021	Wed	Regular Season	@ Schenectady High School (Modified)	4:15 PM	5:55 PM	Central Park	<b>Departure Time:</b> 2:45 PM	L
Oct 6, 2021	Wed	Regular Season	Christian Brothers Academy, Albany, Colonie High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	<b>Departure Point:</b> tennis courts <b>Departure Time:</b> 2:45 PM	L
Oct 13, 2021	Wed	Regular Season	Guilderland High School, Shenendehowa High School, Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga State Park	<b>Departure Point:</b> tennis courts <b>Departure Time:</b> 2:30 PM	L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School (Modified), South Glens Falls, Queensbury, Saratoga Springs High School, Shaker High School, TBD @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Departure Point:</b> tennis courts <b>Departure Time:</b> 8:30 AM	L
Oct 20, 2021	Wed	Regular Season	Averill Park High School, Bethlehem High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	BH- BL HS	<b>Departure Time:</b> 3:00 PM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	12:00 PM	2:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> tennis courts <b>Departure Time:</b> 10:30 AM	NL

Date: 2025-12-06