

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 14, 2022 | Wed | Regular Season | Niskayuna High School (Modified), Shaker High School @ Columbia High School | 4:15 PM | 5:55 PM | Cross Country B&G - Schodack Island State Park | Departure Time: 2:45 PM | L |
| Sep 17, 2022 | Sat | Regular Season (Queensbury Invitational) | Christian Brothers Academy, Albany, Schuylerville, South Glens Falls, Glens Falls, Saratoga Springs High School, Shaker High School, Maple Hill @ Queensbury | 9:00 AM | | Queensbury HS, Trails @ Elem. School | | L |
| Sep 21, 2022 | Wed | Regular Season | Schenectady High School (Modified) | 4:15 PM | 5:55 PM | Luther Forest Athletic Field | Departure Time: 2:45 PM | L |
| Sep 28, 2022 | Wed | Regular Season | Albany High School, Colonie High School @ Christian Brothers Academy, Albany | 4:30 PM | 5:55 PM | CBA Track | Departure Time: 2:45 PM | L |
| Oct 1, 2022 | Sat | Regular Season (Grout Run Invitational) | Shaker High School, Guilderland High School @ Schenectady High School (Modified) | 9:00 AM | 10:00 AM | Central Park | Departure Time: 7:15 AM | L |
| Oct 12, 2022 | Wed | Regular Season | Shenendehowa High School, Saratoga Springs High School @ Guilderland High School | 4:30 PM | 5:55 PM | Tawasentha Park | Departure Time: 2:35 PM | L |
| Oct 15, 2022 | Sat | Regular Season (Burnt Hills Invitational) | Schuylerville, Burnt Hills-Ballston Lake HS @ TBD | 9:15 AM | | Saratoga Spa State Park | | L |
| Oct 19, 2022 | Wed | Regular Season | Burnt Hills-Ballston Lake HS, Bethlehem High School @ Averill Park High School | 4:30 PM | 6:10 PM | APHS Cross Country Course | Departure Time: 2:35 PM | L |
| Oct 29, 2022 | Sat | Meet (SSC Championships) | Vs. Multiple | 9:00 AM | 1:55 PM | Saratoga Spa State Park | Departure Time: 7:15 AM | NL |

Date: 2025-12-18