

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, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:15 AM	NL
Sep 18, 2024	Wed	Regular Season	Niskayuna High School (Modified), Albany High School, Christian Brothers Academy, Albany	4:30 PM	6:10 PM	Ballston Spa Track		L
Sep 21, 2024	Sat	Regular Season (BP Cross Country Invitational)	Cobleskill-Richmondville, Johnstown, Mayfield, Schuylerville, Scotia-Glenville, South Glens Falls, Taconic Hills, Granville (Granville-Whitehall-Hartford), Gloversville @ Broadalbin-Perth	9:00 PM		BPHS Cross Country Trail		NL
Sep 21, 2024	Sat	Regular Season	@ TBD	TBD		BPHS Cross Country Trail	Departure Point: by tennis courts Departure Time: 7:15 AM	L
Sep 25, 2024	Wed	Regular Season	Shenendehowa High School, Saratoga Springs High School, Averill Park High School, Colonie High School @ Christian Brothers Academy, Albany	4:30 PM	6:10 PM	CBA, Albany	Departure Time: 2:45 PM	L
Sep 28, 2024	Sat	Regular Season	@ South Glens Falls	9:25 AM		Moreau Recreational Park	Departure Point: by tennis courts Departure Time: 7:30 AM	L
Oct 9, 2024	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park	Departure Time: 2:45 PM	L
Oct 12, 2024	Sat	Regular Season	Saratoga Springs High School, Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 8:15 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
------	----------	------	-----------	------------	----------	----------	----------------	---------------------

Oct 16, 2024	Wed	Regular Season	Columbia High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park	Departure Time: 2:35 PM	L
Oct 22, 2024	Tue	Regular Season	Shenendehowa High School, Bethlehem High School @ Shaker High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park	Departure Time: 2:45 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park	Departure Time: 9:00 AM	NL

Date: 2025-12-19