

Ballston Spa High School

(G) 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: ride with boys	L
Sep 18, 2019	Wed	Regular Season (at CBA campus)	Colonie High School, Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Colonie Town Park	Departure Point: ride with boys	L
Sep 25, 2019	Wed	Regular Season	Schenectady High School (Modified), Guilderland High School @ Shaker High School	4:15 PM	6:00 PM	Colonie Mohawk River Town Park	Departure Point: ride with boys	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, Stillwater, Queensbury, Glens Falls @ Burnt Hills-Ballston Lake HS	9:15 AM		TBD	Departure Point: ride with boys	NL
Oct 16, 2019	Wed	Regular Season	@ Niskayuna High School (Modified)	4:15 PM	5:55 PM	Iroquois Middle School	Departure Point: ride with boys	L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Point: ride with boys	NL

Date: 2026-01-28