

# 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 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	<b>Departure Point:</b> ride with boys	L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational )	Schuylerville, South Glens Falls, Saratoga Springs High School, Glens Falls, 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	<b>Departure Point:</b> ride with boys	L
Sep 28, 2022	Wed	Regular Season	Albany High School @ Colonie High School	4:15 PM	5:55 PM	CBA, Albany	<b>Departure Point:</b> ride with boys	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	<b>Departure Point:</b> ride with boys	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	<b>Departure Point:</b> ride with boys	L
Oct 15, 2022	Sat	Regular Season	Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Departure Time:</b> 7:15 PM	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	<b>Departure Point:</b> ride with boys	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> ride with boys	NL

Date: 2025-12-20