

# 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 13, 2023	Wed	Regular Season	Niskayuna High School (Modified) @ Albany High School	4:30 PM	6:10 PM	Capital Hills Golf Course	<b>Departure Point:</b> ride with boys	L
Sep 16, 2023	Sat	Regular Season (BP Cross Country Invitational)	Albany High School, Mayfield, Johnstown, South Glens Falls, Granville (Granville-Whitehall-Hartford), Gloversville @ Broadalbin-Perth	9:00 AM		BPHS Cross Country Trail		NL
Sep 16, 2023	Sat	Regular Season	@ TBD	TBD		TBD	<b>Departure Point:</b> ride with boys <b>Departure Time:</b> 7:00 AM	L
Sep 20, 2023	Wed	Regular Season	Averill Park High School, Saratoga Springs High School, Colonie High School @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	<b>Departure Point:</b> ride with boys	L
Sep 27, 2023	Wed	Regular Season	Guilderland High School @ Columbia High School	4:30 PM	6:10 PM	Columbia H.S.	<b>Departure Point:</b> ride with boys	L
Oct 4, 2023	Wed	Regular Season	Shenendehowa High School, Shaker High School, Bethlehem High School	4:30 PM	6:10 PM	Ballston Spa Track		L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Shaker High School, Albany High School @ Schenectady High School (Modified)	9:00 AM	4:00 PM	Central Park	<b>Departure Point:</b> ride with boys	L
Oct 11, 2023	Wed	Regular Season	Schenectady High School (Modified) @ Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	TBD	<b>Departure Point:</b> ride with boys	L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park	<b>Departure Point:</b> ride with boys	NL

Date: 2024-04-25