

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, 2025	Sat	Regular Season (Queensbury Invitational)	@ TBD	9:00 AM		TBD	Departure Point: with boys	L
Sep 17, 2025	Wed	Regular Season	Colonie High School, Saratoga Springs High School @ Averill Park High School	4:30 PM	6:10 PM	APHS Cross Country Course	Departure Point: with boys	L
Sep 20, 2025	Sat	Regular Season (Broadalbin Perth Invitational)	@ TBD	9:00 AM		TBD		L
Sep 20, 2025	Sat	Regular Season (BP Cross Country Invitational)	Schuylerville @ Broadalbin-Perth	9:00 AM		BPHS Cross Country Trail		NL
Sep 24, 2025	Wed	Regular Season	Albany High School, Schenectady High School (Modified) @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park	Departure Point: with boys	L
Oct 8, 2025	Wed	Regular Season	Guilderland High School @ Christian Brothers Academy, Albany (Girls Cross Country)	4:30 PM	6:00 PM	CBA, Albany	Departure Point: with boys	L
Oct 11, 2025	Sat	Regular Season (Invy)	Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM	11:25 AM	Saratoga Spa State Park	Departure Point: ride with boys	NL
Oct 15, 2025	Wed	Regular Season	Shaker High School, Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	Luther Forest		L
Oct 21, 2025	Tue	Regular Season	Shenendehowa High School, Niskayuna High School (Modified) @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park	Departure Point: with boys	L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park	Departure Point: with boys	NL

Date: 2025-12-05