



Guilderland High School

(G) V Cross Country

Coaches:

- Dave Kosier, Head Coach
- Chris Scanlan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2019	Sat	Regular Season	@ Fort Plain	9:00 AM	2:00 PM	Fort Plain HS	Departure Point: New Gym - 2 BUSES Departure Time: 6:30 AM	L
Sep 10, 2019	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Niskayuna High School, Averill Park High School	4:15 PM	5:55 PM	Tawasentha Park		L
Sep 17, 2019	Tue	Regular Season	Bethlehem High School @ Albany High School	4:15 PM	6:30 PM	Capital Hills Golf Course	Departure Point: NEW GYM 3 BUSES WITH BOYS Departure Time: 2:40 PM	L
Sep 21, 2019	Sat	Regular Season (Guilderland Invitational)	Burnt Hills-Ballston Lake HS, Saratoga Springs High School, Schenectady High School, Shaker High School	7:30 AM		Tawasentha Park		L
Sep 21, 2019	Sat	Regular Season (Invitational)	Sauquoit Valley	9:00 AM	2:00 PM	Tawasentha Park		NL
Sep 24, 2019	Tue	Regular Season	Schenectady High School, Ballston Spa High School @ Shaker High School	4:15 PM	6:30 PM	Colonie Mohawk River Town Park	Departure Point: NEW GYM 3 BUSES WITH BOYS Departure Time: 2:40 PM	L
Oct 2, 2019	Wed	Regular Season	Columbia High School, Shenendehowa High School	4:15 PM	5:55 PM	Tawasentha Park		L
Oct 15, 2019	Tue	Regular Season	Saratoga Springs High School, Troy @ Colonie High School	4:15 PM	6:00 PM	The Crossings of Colonie	Departure Point: WEST GYM - 2 BUSES Departure Time: 2:40 PM	L
Oct 18, 2019	Fri	Regular Season (Albany County Meet at Crossings)	@ TBD	3:40 PM	5:45 PM	TBD	Departure Point: WEST GYM 3 BUSES BOYS AND GIRLS Departure Time: 2:40 PM	L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Point: WEST GYM 1 BUS Departure Time: 12:00 PM Return Date: Return Time: 4:30 PM	NL
Nov 4, 2019	Mon	Post-Season (SECTIONALS - SPAC)	@ TBD	11:00 AM	2:15 PM	TBD	Departure Point: WEST GYM 1 BUS Departure Time: 9:30 AM	L

Date: 2026-01-20