



Guilderland High School

(G) V Cross Country

Coaches:

- Dave Kosier, Head Coach
- Chris Scanlan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Regular Season (Voorheesville Black Bird Invitational)	@ TBD	TBD		TBD	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Sep 9, 2023 Departure Time: 7:50 AM	NL
Sep 12, 2023	Tue	Regular Season	Averill Park High School, Shaker High School, Troy	4:15 PM	5:55 PM	Tawasentha Park			L
Sep 16, 2023	Sat	Regular Season (VVS Cross Country Invitational)	@ TBD	TBD		TBD	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Sep 16, 2023 Departure Time: 5:45 AM Return Date: Sep 16, 2023 Return Time: 11:30 AM	NL
Sep 19, 2023	Tue	Regular Season	Niskayuna High School, Bethlehem High School @ Schenectady High School	4:15 PM	5:55 PM	Tawasentha Park	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Sep 19, 2023 Departure Time: 3:00 PM	L
Sep 23, 2023	Sat	Regular Season (19th Annual Queensbury Adirondack XC Invitational)	@ TBD	9:00 AM		TBD	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Sep 23, 2023 Departure Time: 7:00 AM Return Date: Sep 23, 2023 Return Time: 4:00 PM	NL
Oct 3, 2023	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	Bus/Driver: Yankee/Premiere Class Dismissal: 2:15 PM	Departure Point: GHS East Departure Date: Oct 3, 2023 Departure Time: 2:30 PM Return Date: Oct 3, 2023 Return Time: 5:45 PM	L
Oct 10, 2023	Tue	Regular Season	Shenendehowa High School, Saratoga Springs High School, Albany High School	4:15 PM	5:55 PM	Tawasentha Park			L
Oct 14, 2023	Sat	Regular Season (Burnt Hills XC Invitational)	@ TBD	9:00 AM		TBD	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Oct 14, 2023 Departure Time: 7:00 AM Return Date: Oct 14, 2023 Return Time: 1:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 17, 2023	Tue	Regular Season	Ballston Spa High School @ Columbia High School	4:15 PM	6:15 PM	Cross Country B&G - Schodack Island State Park	Bus/Driver: Yankee Trails Class Dismissal: 2:15 PM	Departure Point: GHS East Departure Date: Oct 17, 2023 Departure Time: 2:30 PM Return Date: Oct 17, 2023 Return Time: 5:30 PM	L
Oct 20, 2023	Fri	Regular Season (Kiwanis Cross Country Meet)	@ TBD	2:10 PM	5:50 PM	TBD	Bus/Driver: GCSD Class Dismissal: 1:55 PM	Departure Point: GHS East Departure Date: Oct 20, 2023 Departure Time: 2:10 PM Return Date: Oct 20, 2023 Return Time: 5:50 PM	NL
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Oct 28, 2023 Departure Time: 10:30 AM Return Date: Oct 28, 2023 Return Time: 4:00 PM	NL

Date: 2025-12-05