



# Guilderland High School

## (B) V Cross Country

### Coaches:

- Julianne Scanlan, Head Coach
- Dan Smitas, Asst Coach

| DATE         | WEEK DAY | TYPE  | OPPONENTS  | START TIME | END TIME | LOCATION                       | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|--------------------------------|---|---------------------|
| Sep 10, 2019 | Tue      | Regular Season<br>26-25-33-40 L                                 | 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      | <b>Departure Point:</b><br>NEW GYM 3<br>BUSES WITH GIRLS<br><b>Departure Time:</b><br>2:40 PM   | L                   |
| Sep 21, 2019 | Sat      | Regular Season<br>(Guilderland Invitational)                    | Colonie High School, Schenectady High School, Shaker High School, Oriskany, Sauquoit Valley, Greenwich | 7:30 AM    |          | Tawasentha Park                |   | L                   |
| 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 | <b>Departure Point:</b><br>NEW GYM 3<br>BUSES WITH GIRLS<br><b>Departure Time:</b><br>2:40 PM   | L                   |
| Sep 28, 2019 | Sat      | Regular Season<br>(INVY)  | @ McQuaid Jesuit   | 8:00 AM    |          | TBD                            | <b>Departure Point:</b><br>NO BUSES   | L                   |
| Oct 2, 2019  | Wed      | Regular Season  | Christian Brothers Academy, Albany, Shenendehowa High School, Columbia 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       | <b>Departure Point:</b><br>WEST GYM 1 BUS<br><b>Departure Time:</b><br>2:40 PM  | L                   |
| Oct 18, 2019 | Fri      | Regular Season<br>(Albany County Meet At Crossings)             | @ TBD  | 3:40 PM    | 5:45 PM  | TBD                            | <b>Departure Point:</b><br>WEST GYM 3<br>BUSES FOR BOYS AND GIRLS<br><b>Departure Time:</b><br>2:40 PM                                | L                   |
| Oct 26, 2019 | Sat      | Meet (SSC Championships)  | Vs. Multiple   | 1:30 PM    |          | Saratoga Spa State Park        | <b>Departure Point:</b><br>WEST GYM 1 BUS<br><b>Departure Time:</b><br>12:00 PM<br><b>Return Date:</b><br><b>Return Time:</b> 4:30 PM | NL                  |
| Nov 4, 2019  | Mon      | Post-Season<br>(SECTIONALS - SPAC)                              | @ TBD  | 9:00 AM    | 2:15 PM  | TBD                            | <b>Departure Point:</b><br>WEST GYM 1 BUS<br><b>Departure Time:</b><br>7:45 AM  | L                   |
| Nov 23, 2019 | Sat      | Post-Season<br>(FEDERATION MEET--BOWDOIN PARK WAPPINGERS FALLS) | @ TBD  | 12:00 PM   | 2:00 PM  | TBD                            | <b>Departure Point:</b><br>WEST GYM 1 BUS<br><b>Departure Time:</b><br>7:30 AM  | NL                  |

Date: 2024-05-05

