



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 6, 2022	Tue	Regular Season	Albany High School, Columbia High School @ Schenectady High School	4:30 PM	5:55 PM	Iroquois Middle School, Niskayuna	Departure Point: WEST TO FMS -- 3 BUSES Departure Time: 2:50 PM	L
Sep 10, 2022	Sat	Regular Season (Blackbird Invy)	@ Voorheesville	TBD	TBD		Departure Point: west 4 buses ride with girls Departure Time: 7:45 AM Return Date: Return Time: 1:15 PM	NL
Sep 20, 2022	Tue	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	Departure Point: 3 BUSES WEST SIDE Departure Time: 2:45 PM	L
Sep 24, 2022	Sat	Regular Season (invy)	@ North Kingstown High School	TBD	TBD			NL
Sep 27, 2022	Tue	Regular Season	Shaker High School, Averill Park High School	4:15 PM	5:55 PM	Tawasentha Park		L
Oct 3, 2022	Mon	Regular Season	Burnt Hills-Ballston Lake HS, Troy @ Colonie High School	4:15 PM	5:55 PM	The Crossings of Colonie	Departure Point: 3 CHARTERS WADE BOYS AND GIRLS - WEST TO FMS Departure Time: 2:30 PM	L
Oct 11, 2022	Tue	Regular Season	Ballston Spa High School, Shenendehowa High School, Saratoga Springs High School	4:15 PM	5:55 PM	Tawasentha Park		L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Saratoga Springs High School, Niskayuna High School, Schenectady High School, South Glens Falls, Granville (Granville-Whitehall-Hartford), Oneonta, Schuylerville, Shaker High School, Ballston Spa High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		L
Oct 21, 2022	Fri	Regular Season (Albany county meet)	@ TBD	TBD	TBD		Departure Point: 1 bus @ fms- 2 buses @ ghs Departure Time: 2:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	Departure Point: GHS WEST 3 BUSES RIDE WITH GIRLS- Departure Time: 11:15 AM Return Date: Return Time: 4:45 PM	NL
Nov 5, 2022	Sat	Post-Season	@ TBD	12:00 PM		TBD	Departure Point: 1 bus ride with girls Departure Time: 9:30 AM Return Date: Return Time: 4:30 PM	NL

Date: 2024-04-26