



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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Blackbird Invitational)	@ TBD	9:00 AM		TBD			NL
Sep 10, 2024	Tue	Regular Season	Ballston Spa High School, Columbia High School	4:15 PM	5:55 PM	Tawasentha Park			L
Sep 14, 2024	Sat	Regular Season (Queensbury-Adirondack XC Invitational)	@ TBD	9:00 AM		Queensbury HS		Departure Point: GHS East Departure Time: 6:45 AM	NL
Sep 17, 2024	Tue	Regular Season	Averill Park High School @ Shaker High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park		Departure Point: GHS East Departure Time: 2:15 PM Return Date: Return Time: 6:30 PM	L
Sep 21, 2024	Sat	Regular Season (Suffern HS Cross Country Invitational at Bear Mountain State Park)	@ TBD	8:00 AM		TBD			NL
Sep 24, 2024	Tue	Regular Season	Schenectady High School, Bethlehem High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	Class Dismissal: 2:15 PM	Departure Point: GHS East Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM	L
Sep 28, 2024	Sat	Regular Season (59th McQuaid Invitational at Genesee Valley Park)	@ TBD	8:00 AM		TBD			NL
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		TBD	Class Dismissal: 1:55 PM	Departure Date: Sep 27, 2024	NL
Oct 1, 2024	Tue	Regular Season	Christian Brothers Academy, Albany, Colonie High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park		Departure Point: GHS East Departure Time: 2:15 PM Return Date: Return Time: 6:15 PM	L
Oct 5, 2024	Sat	Regular Season (Saratoga XC Invitational at Pitney Meadows Community Farm)	@ TBD	10:30 AM		TBD			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 8, 2024	Tue	Regular Season	Shenendehowa High School, Albany High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park			L
Oct 12, 2024	Sat	Regular Season (Burnt Hills XC Invitational at SPAC)	@ TBD	9:00 AM		Saratoga State Park			NL
Oct 18, 2024	Fri	Regular Season (Albany County Kiwanis XC Meet- Colonie Mohawk River Park)	@ TBD	3:30 PM	6:00 PM	TBD			NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park			NL

Date: 2025-12-05