



# Guilderland High School

## (B) MOD9 Cross Country

### Coaches:

- Emily Haig, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 20, 2023	Wed	Regular Season	Niskayuna High School (Modified), Bethlehem High School @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park	<b>Bus/Driver:</b> GCSD <b>Class Dismissal:</b> 2:35 PM	<b>Departure Point:</b> FMS Front <b>Departure Date:</b> Sep 20, 2023 <b>Departure Time:</b> 2:50 PM <b>Return Date:</b> Sep 20, 2023 <b>Return Time:</b> 5:45 PM	L
Sep 23, 2023	Sat	Regular Season (Queensbury Invi )	@ TBD	9:00 AM	11:00 AM	TBD	<b>Bus/Driver:</b> GCSD	<b>Departure Point:</b> GHS East <b>Departure Date:</b> Sep 23, 2023 <b>Departure Time:</b> 6:30 AM <b>Return Date:</b> Sep 23, 2023 <b>Return Time:</b> 11:00 AM	NL
Sep 27, 2023	Wed	Regular Season	Ballston Spa High School @ Columbia High School	4:30 PM	6:10 PM	Columbia H.S.	<b>Bus/Driver:</b> GCSD <b>Class Dismissal:</b> 2:45 PM	<b>Departure Point:</b> FMS Front <b>Departure Date:</b> Sep 27, 2023 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> Sep 27, 2023 <b>Return Time:</b> 5:45 PM	L
Oct 4, 2023	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Colonie High School @ Christian Brothers Academy, Albany	4:30 PM		CBA, Albany	<b>Bus/Driver:</b> GCSD <b>Class Dismissal:</b> 3:00 PM	<b>Departure Point:</b> FMS Front <b>Departure Date:</b> Oct 4, 2023 <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> Oct 4, 2023 <b>Return Time:</b> 6:00 PM	L
Oct 7, 2023	Sat	Regular Season (Grout Run )	@ TBD	9:00 AM	11:00 PM	Central Park	<b>Bus/Driver:</b> GCSD	<b>Departure Point:</b> GHS East <b>Departure Date:</b> Oct 7, 2023 <b>Departure Time:</b> 7:30 AM <b>Return Date:</b> Oct 7, 2023 <b>Return Time:</b> 11:00 AM	NL
Oct 11, 2023	Wed	Regular Season	Shenendehowa High School, Saratoga Springs High School, Albany High School	4:30 PM	6:10 PM	Tawasentha Park			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2023	Sat	Regular Season (Burnt Hills XC Invitational )	@ TBD	9:00 AM	11:00 AM	TBD	Bus/Driver: GCSD	<b>Departure Point:</b> GHS East <b>Departure Date:</b> Oct 14, 2023 <b>Departure Time:</b> 7:30 AM <b>Return Date:</b> Oct 14, 2023 <b>Return Time:</b> 11:00 PM	NL
Oct 18, 2023	Wed	Regular Season	Averill Park High School, Shaker High School	4:30 PM	6:10 PM	Tawasentha Park			L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park	Bus/Driver: GCSD	<b>Departure Point:</b> GHS East <b>Departure Date:</b> Oct 28, 2023 <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> Oct 28, 2023 <b>Return Time:</b> 11:00 AM	NL

Date: 2024-05-09