



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 18, 2021	Sat	Regular Season	@ TBD	9:00 AM	11:30 AM	TBD		Departure Point: riding with v boys and girls xc	NL
Sep 22, 2021	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Colonie High School	5:00 PM	6:30 PM	Tawasentha Park			L
Sep 25, 2021	Sat	Regular Season	Albany High School @ Schenectady High School (Modified)	9:00 AM	10:15 AM	Central Park		Departure Point: FMS FRONT RIDE WITH XC GIRLS Departure Time: 7:45 AM	L
Sep 29, 2021	Wed	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany, Niskayuna High School (Modified)	4:15 PM	5:55 PM	Tawasentha Park		Departure Point: FMS FRONT RIDE WITH XC GIRLS -- DROP Departure Time: 3:15 PM	L
Oct 6, 2021	Wed	Regular Season	Averill Park High School @ Shaker High School	5:00 PM	6:15 PM	Shaker Middle School		Departure Point: CHARTER FMS RIDE WITH XC GIRLS Departure Time: 3:40 PM	L
Oct 13, 2021	Wed	Regular Season	Shenendehowa High School, Saratoga Springs High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park		Departure Point: FMS FRONT RIDE WITH G MOD XC Departure Time: 2:30 PM	L
Oct 16, 2021	Sat	Regular Season	TBD	10:00 AM	12:00 PM	TBD		Departure Point: GHS WEST Departure Time: 7:30 AM Return Date: Return Time: 12:00 PM	L
Oct 23, 2021	Sat	Regular Season (Queensbury Invy)	@ TBD	9:00 AM	11:00 AM	TBD	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Sep 23, 2023 Departure Time: 6:30 AM Return Date: Sep 23, 2023 Return Time: 11:00 AM	NL
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	12:00 PM	2:55 PM	Saratoga Spa State Park		Departure Point: GHS WEST Departure Time: 10:45 AM Return Date: Return Time: 2:30 PM	NL

Date: 2024-05-20