



# Guilderland High School

## (B) MOD9 Cross Country

### Coaches:

- Emily Haig, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2022	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Colonie High School	4:15 PM	5:55 PM	Sand Creek Middle School	<b>Departure Point:</b> FMS FRONT <b>Departure Time:</b> 3:15 PM	L
Sep 21, 2022	Wed	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany @ Niskayuna High School (Modified)	4:15 PM	5:55 PM	Iroquois Middle School	<b>Departure Point:</b> FMS FRONT <b>Departure Time:</b> 2:45 PM	L
Sep 28, 2022	Wed	Regular Season	Shaker High School, Averill Park High School	4:30 PM	5:55 PM	Tawasentha Park		L
Oct 1, 2022	Sat	Regular Season (Grout Run Invitational)	Shaker High School, Ballston Spa High School @ Schenectady High School (Modified)	9:00 AM	10:00 AM	Central Park	<b>Departure Point:</b> FMS <b>Departure Time:</b> 7:00 AM	L
Oct 12, 2022	Wed	Regular Season	Ballston Spa High School, Shenendehowa High School, Saratoga Springs High School	4:30 PM	5:55 PM	Tawasentha Park		L
Oct 19, 2022	Wed	Regular Season	Columbia High School, Albany High School @ Schenectady High School (Modified)	4:30 PM	5:55 PM	Central Park	<b>Departure Point:</b> FMS <b>Departure Time:</b> 3:15 PM	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> FMS 2 BUSES WITH GIRLS <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 10:30 AM	NL

Date: 2024-05-20