



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	Bus/Driver: GCSD Class Dismissal: 2:35 PM	Departure Point: FMS Front Departure Date: Sep 20, 2023 Departure Time: 2:50 PM Return Date: Sep 20, 2023 Return Time: 5:45 PM	L
Sep 23, 2023	Sat	Regular Season (Queensbury Invi)	@ 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
Sep 27, 2023	Wed	Regular Season	Ballston Spa High School @ Columbia High School	4:30 PM	6:10 PM	Columbia H.S.	Bus/Driver: GCSD Class Dismissal: 2:45 PM	Departure Point: FMS Front Departure Date: Sep 27, 2023 Departure Time: 3:00 PM Return Date: Sep 27, 2023 Return Time: 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	Bus/Driver: GCSD Class Dismissal: 3:00 PM	Departure Point: FMS Front Departure Date: Oct 4, 2023 Departure Time: 3:15 PM Return Date: Oct 4, 2023 Return Time: 6:00 PM	L
Oct 7, 2023	Sat	Regular Season (Grout Run)	@ TBD	9:00 AM	11:00 PM	Central Park	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Oct 7, 2023 Departure Time: 7:30 AM Return Date: Oct 7, 2023 Return Time: 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

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Oct 14, 2023	Sat	Regular Season (Burnt Hills XC Invitational)	@ TBD	9:00 AM	11:00 AM	TBD	Bus/Driver: GCSD	Departure Point: GHS East Departure Date: Oct 14, 2023 Departure Time: 7:30 AM Return Date: Oct 14, 2023 Return Time: 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	Departure Point: GHS East Departure Date: Oct 28, 2023 Departure Time: 7:00 AM Return Date: Oct 28, 2023 Return Time: 11:00 AM	NL

Date: 2024-04-28