



Guilderland High School

(B) MOD9 Cross Country

Coaches:

- Maryn Alexander

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 18, 2024	Wed	Regular Season	Averill Park High School @ Shaker High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park	Class Dismissal: 2:35 PM	Departure Point: FMS Departure Time: 2:50 PM Return Date: Return Time: 6:30 PM	L
Sep 25, 2024	Wed	Regular Season	Schenectady High School (Modified), Bethlehem High School @ Niskayuna High School (Modified)	4:30 PM	6:10 PM	Iroquois Middle School	Class Dismissal: 2:45 PM	Departure Point: FMS Departure Time: 3:00 PM Return Date: Return Time: 6:30 PM	L
Oct 5, 2024	Sat	Regular Season (Grout Invitational at Central Park Schenectady)	@ TBD	9:00 AM		TBD			NL
Oct 9, 2024	Wed	Regular Season	Shenendehowa High School, Albany High School @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park			L
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational at SPAC)	@ TBD	TBD		Saratoga State Park			NL
Oct 16, 2024	Wed	Regular Season	Ballston Spa High School, Columbia High School	4:30 PM	6:10 PM	Tawasentha Park			L
Oct 22, 2024	Tue	Regular Season	Christian Brothers Academy, Albany, Colonie High School @ Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	BH- BL HS		Departure Point: FMS Departure Time: 2:45 PM Return Date: Return Time: 6:15 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park			NL

Date: 2025-12-14