



Guilderland High School

(G) MOD9 Cross Country

Coaches:

- Taylor Tommell

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | 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 BOYS Departure Time: 7:45 AM | L |
| Sep 29, 2021 | Wed | Regular Season | Bethlehem High School, Niskayuna High School (Modified) | 4:15 PM | 5:55 PM | Tawasentha Park | Departure Point: FMS FRONT RIDE WITH XC BOYS-- DROP Departure Time: 3:15 PM | L |
| Oct 6, 2021 | Wed | Regular Season | Averill Park High School @ Shaker High School | 5:00 PM | | Shaker Middle School | Departure Point: CHARTER FMS RIDE WITH MOD XC BOYS 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 B XC Departure Time: 2:30 PM | L |
| Oct 16, 2021 | Sat | Regular Season | @ Burnt Hills-Ballston Lake HS | 9:00 AM | 12:00 PM | Saratoga Spa State Park | Departure Point: GHS WEST Departure Time: 7:30 AM | L |
| 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: 2025-12-05