Ballston Spa High School (B) MOD9 Cross Country

Coaches:

• Tim Moseman, Head Coach

Departure Time:

7:30 AM

NL

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|----------------|---|---------------|-------------|--------------------|-----------------------------------|----------------------------|
| Sep 18, 2024 | Wed | Regular Season | Niskayuna High School (Modified), Albany High School, Christian Brothers Academy, Albany | 4:30 PM | 6:10 PM | TBD | | L |
| Sep 25, 2024 | Wed | Regular Season | Shenendehowa High School, Saratoga Springs High School, Averill Park High School, Colonie High School @ Christian Brothers Academy, Albany | 4:30 PM | | CBA, Albany | Departure Time: 2:45 PM | L |
| Oct 9, 2024 | Wed | Regular Season | Burnt Hills-Ballston Lake HS @ Schenectady High School (Modified) | 4:30 PM | 6:10 PM | Central Park | Departure Time: 2:45 PM | L |
| Oct 16, 2024 | Wed | Regular Season | Columbia High School @ Guilderland High School | 4:30 PM | | Tawasentha Park | Departure Time: 2:35 PM | L |
| Oct 22, 2024 | Tue | Regular Season | Shenendehowa High School, Bethlehem High School @ Shaker High School | 4:30 PM | 6:10 PM | The Crossings | Departure Time: 2:45 PM | L |

| Oct 26, 2024 | Sat | Meet (SSC Championships) | ultiple | 9:00 AM | Saratoga Spa State Park |
|--------------|-----|-----------------------------|---------|------------|-------------------------------|
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Date: 2024-08-19