

# Ballston Spa High School

## (B) MOD9 Cross Country

### Coaches:

- Tim Moseman, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	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	6:10 PM	CBA, Albany	<b>Departure Time:</b> 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	<b>Departure Time:</b> 2:45 PM	L
Oct 16, 2024	Wed	Regular Season	Columbia High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park	<b>Departure Time:</b> 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	<b>Departure Time:</b> 2:45 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM		Saratoga Spa State Park	<b>Departure Time:</b> 7:30 AM	NL

Date: 2024-07-19