



# Schenectady High School

## (G) V Cross Country

### Coaches:

- Richard DeCarr

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2023	Sat	Regular Season (Ekiden)	Schuylerville, Shaker High School, Colonie High School, Queensbury, Shenendehowa High School, Albany High School @ Niskayuna High School	9:00 AM		Iroquois Middle School		NL
Sep 5, 2023	Tue	Regular Season	Shaker High School @ Saratoga Springs High School	5:30 PM	5:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 2:30 PM	L
Sep 12, 2023	Tue	Regular Season	Shenendehowa High School, Columbia High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L
Sep 16, 2023	Sat	Regular Season (Invitational)	@ Fort Plain	9:00 AM	1:30 PM	Fort Plain HS	<b>Departure Point:</b> SHS <b>Departure Time:</b> 6:45 AM	L
Sep 19, 2023	Tue	Regular Season	Niskayuna High School, Bethlehem High School, Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L
Sep 23, 2023	Sat	Regular Season (Queensbury invitational)	Amsterdam, Schuylerville, Hadley-Luzerne (Corinth/Hadley Luzerne), Glens Falls, Shaker High School, Greenville, Ballston Spa High School, Chittenango, Shenendehowa High School, Maple Hill, Troy, Albany High School, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> SHS <b>Departure Time:</b> 7:00 AM	L
Oct 3, 2023	Tue	Regular Season	Averill Park High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L
Oct 7, 2023	Sat	Regular Season (84th Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM	4:00 PM	Central Park		NL
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Shaker High School, Colonie High School, Albany High School	9:00 AM	4:00 PM	Central Park		L
Oct 7, 2023	Sat	Regular Season (Grout Cross Country Invitational)	Broadalbin-Perth	9:00 AM		Central Park, Schenectady		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Oct 10, 2023	Tue	Regular Season	Troy, Ballston Spa High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 2:45 PM	L
Oct 14, 2023	Sat	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM	4:00 PM	Manhattan College	<b>Departure Point:</b> SHS <b>Departure Time:</b> 5:00 AM	L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 11:30 AM	NL

Date: 2024-04-19