



# Schenectady High School

## (B) V Cross Country

### Coaches:

- Ed Menis, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Shaker High School, LaSalle Institute, Averill Park High School, Voorheesville, Ballston Spa High School, Rome Free Academy, Queensbury, Shenendehowa High School @ Niskayuna High School	9:30 AM		Iroquois Middle School-Niskayuna		L
Sep 11, 2021	Sat	Regular Season (Blackbird Invitational)	@ Voorheesville	9:15 AM		Wallace Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 12:30 PM	NL
Sep 14, 2021	Tue	Regular Season	Guilderland High School, Albany High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L
Sep 18, 2021	Sat	Regular Season (Queensbury Adirondack XC Invitational)	Schuylerville, South Glens Falls, Niskayuna High School, Bethlehem High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Albany High School, Greenville, Ballston Spa High School, Shenendehowa High School, Saratoga Springs High School, Shaker High School, Glens Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 21, 2021	Tue	Regular Season 15-20-20-0 L	Christian Brothers Academy, Albany, Saratoga Springs High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2021	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Shenendehowa High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L
Oct 9, 2021	Sat	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM		Manhattan College	<b>Departure Point:</b> SHS <b>Departure Time:</b> 5:00 AM	L
Oct 12, 2021	Tue	Regular Season	Shaker High School, Colonie High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	South Glens Falls, Queensbury, Niskayuna High School, Ballston Spa High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Greenville, Oneonta, Shenendehowa High School, Christian Brothers Academy, Albany, Oriskany, New Hartford, Saratoga Springs High School, Troy, Shaker High School, Johnstown @ Burnt Hills-Ballston Lake HS	9:15 AM	12:00 PM	Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 7:15 AM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 11:00 AM	NL

Date: 2022-07-05