



# Schenectady High School

## (B) V Cross Country

### Coaches:

- Ed Menis, Coach

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, Shenendehowa High School, Albany High School, Queensbury, Troy @ Niskayuna High School	9:00 AM		Iroquois Middle School		NL
Sep 5, 2023	Tue	Regular Season	Shaker High School, Christian Brothers Academy, Albany @ Saratoga Springs High School	6:00 PM	7:55 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 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> SHS <b>Departure Time:</b> 7:00 AM	NL
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 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