



Schenectady High School

(B) V Cross Country

Coaches:

- Ed Menis

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2019	Sat	Meet (Eidens Meet at Niskayuna)	Vs. Multiple	9:30 AM	12:30 PM	Iroquois Middle School, Niskayuna	Departure Time: 8:00 AM	NL
Sep 10, 2019	Tue	Regular Season	Saratoga Springs High School, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna	Departure Time: 3:00 PM	L
Sep 14, 2019	Sat	Meet (Queensbury XC Invitational)	Vs. Multiple	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 14, 2019	Sat	Meet (Queensbury Meet)	Vs. Multiple	9:00 AM		TBD	Departure Time: 7:00 AM	NL
Sep 14, 2019	Sat	Meet (Queensbury Meet)	Vs. Multiple	9:00 AM	2:30 PM	TBD	Departure Time: 7:00 AM	NL
Sep 17, 2019	Tue	Regular Season	Columbia High School, Troy @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Time: 3:00 PM	L
Sep 21, 2019	Sat	Regular Season (Guilderland Invitational)	Colonie High School, Shaker High School, Oriskany, Sauquoit Valley, Greenwich @ Guilderland High School	7:30 AM		Tawasentha Park	Departure Time: 6:30 AM	L
Sep 24, 2019	Tue	Regular Season	Ballston Spa High School, Guilderland High School @ Shaker High School	4:15 PM	6:30 PM	Colonie Mohawk River Town Park	Departure Time: 3:00 PM	L
Oct 2, 2019	Wed	Regular Season	Colonie High School, Niskayuna High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	Departure Time: 3:00 PM	L
Oct 5, 2019	Sat	Regular Season (Schenectady Grout Run)	Stillwater	9:00 AM	2:30 PM	Iroquois Middle School, Niskayuna		L
Oct 5, 2019	Sat	Regular Season (Grout Invitational)	@ North Warren	9:00 AM	2:30 PM	Central Park		L
Oct 5, 2019	Sat	Regular Season (Grout XC Invitational)	Lake George	9:00 AM		Central Park		NL
Oct 5, 2019	Sat	Regular Season (Grout Invitational)	Amsterdam	9:00 AM		Central Park		NL
Oct 5, 2019	Sat	Regular Season (81st Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM	2:30 PM	Schenectady Central Park		NL
Oct 5, 2019	Sat	Regular Season (@ Grout Invitational)	Greenville	9:00 AM	2:30 PM	Iroquois Middle School, Niskayuna		NL
Oct 5, 2019	Sat	Meet (Grout Run)	Vs. Multiple	9:00 AM		Central Park		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2019	Sat	Regular Season (grout invy)	Queensbury	9:00 AM	2:30 PM	Central Park		L
Oct 5, 2019	Sat	Regular Season	Granville (Granville-Whitehall-Hartford)	9:00 AM	2:30 PM	Central Park		L
Oct 5, 2019	Sat	Regular Season	Mechanicville	9:00 AM		Cross Country Field		NL
Oct 5, 2019	Sat	Regular Season	Granville (Granville-Whitehall-Hartford)	9:00 AM		Central Park		L
Oct 5, 2019	Sat	Regular Season (Grout Invitational)	Glens Falls	10:00 AM		Central Park Middle School Upper Gym		NL
Oct 12, 2019	Sat	Meet (Manhattan Invitational)	Vs. Multiple	9:00 AM		Manhattan College	Departure Time: 5:00 AM Return Date: Return Time: 7:00 PM	NL
Oct 15, 2019	Tue	Regular Season	Albany High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 3:00 PM	L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Time: 8:00 AM Return Date: Return Time: 4:30 PM	NL
Nov 4, 2019	Mon	Meet (Cross Country Sectionals @ Saratoga State Park)	Vs. Multiple	9:00 AM		TBD		NL
Nov 23, 2019	Sat	Meet (Federation Meet)	Vs. Multiple	1:15 PM		TBD	Departure Time: 9:00 AM	NL

Date: 2026-01-21