



Schenectady High School

(B) V Cross Country

Coaches:

- Ed Menis

| 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 | Departure Point: SHS Departure Time: 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 | Departure Point: SHS Departure Time: 3:00 PM | L |
| Sep 16, 2023 | Sat | Regular Season (Invitational) | @ Fort Plain | 9:00 AM | 1:30 PM | Fort Plain HS | Departure Point: SHS Departure Time: 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 | Departure Point: SHS Departure Time: 3:00 PM | 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 | Departure Point: SHS Departure Time: 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 | Departure Point: SHS Departure Time: 3:00 PM | L |
| Oct 7, 2023 | Sat | Regular Season (Grout Run Invitational) | Amsterdam, Ballston Spa High School, Shaker High School, Albany High School | 9:00 AM | 4:00 PM | Central Park | | L |

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|--------------|----------|---|---|------------|----------|-------------------------|--|---------------------|
| 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 | Departure Point: SHS Departure Time: 2:45 PM | L |
| Oct 14, 2023 | Sat | Regular Season (Manhattan College @ TBD Invitational) | | 9:00 AM | 4:00 PM | Manhattan College | Departure Point: SHS Departure Time: 5:00 AM | L |
| Oct 28, 2023 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:00 PM | 3:55 PM | Saratoga Spa State Park | Departure Point: SHS Departure Time: 11:30 AM | NL |

Date: 2025-12-24