



# 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 7, 2024	Sat	Regular Season (Ekiden )	Schuylerville @ Niskayuna High School	9:30 AM	5:55 PM	Iroquois Middle School		NL
Sep 10, 2024	Tue	Regular Season	Saratoga Springs High School, Shaker High School, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Saratoga State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 2:45 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> SHS <b>Departure Time:</b> 6:45 AM	NL
Sep 17, 2024	Tue	Regular Season	Shenendehowa High School, Colonie 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> 2:15 PM	L
Sep 24, 2024	Tue	Regular Season	Bethlehem High School, Guilderland 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
Sep 28, 2024	Sat	Regular Season (EJ Hermann Invitational)	@ TBD	9:00 AM	2:00 PM	Proctor Park, Utica NY	<b>Departure Point:</b> SHS <b>Departure Time:</b> 6:30 AM	NL
Oct 1, 2024	Tue	Regular Season	Albany 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> 2:15 PM	L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	Ballston Spa High School	9:00 AM		Central Park		L
Oct 8, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Ballston Spa High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L

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Oct 13, 2024	Sun	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM	4:00 PM	Van Cortland Park, Bronx, NY	<b>Departure Point:</b> SHS <b>Departure Time:</b> 5:00 AM	NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 9:15 AM	NL
Nov 9, 2024	Sat	Post-Season (Sectionals)	TBD	10:00 AM		Queensbury High School	<b>Departure Point:</b> SHS <b>Departure Time:</b> 8:30 PM	L

Date: 2025-02-09