



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 10, 2024 | Tue | Regular Season | Saratoga Springs High School, Shaker High School, Christian Brothers Academy, Albany | 4:15 PM | 5:55 PM | Iroquois Middle School, Niskayuna | | L |
| 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 | | 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 | | L |
| Oct 1, 2024 | Tue | Regular Season | Albany High School @ Averill Park High School | 4:15 PM | 5:55 PM | Schodack Island State 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 | | L |
| Oct 26, 2024 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | | NL |

Date: 2024-05-04