



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, 2025	Tue	Regular Season	Guilderland High School, Averill Park High School, Bethlehem High School	4:15 PM	5:55 PM	Central Park		L
Sep 6, 2025	Sat	Regular Season (Ekiden)	Schuylerville, Colonie High School, Scotia-Glenville @ Niskayuna High School	9:30 AM		Iroquois Middle School		NL
Sep 9, 2025	Tue	Regular Season	Ballston Spa High School, Albany High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Point: SHS Departure Time: 2:30 PM	L
Sep 13, 2025	Sat	Regular Season (QBY INVY)	Auburn, Shaker High School, Greenville, Lake George, Monticello, Niskayuna High School, Vernon-Verona-Sherrill, Our Lady of Lourdes, Christian Brothers Academy, Albany, Colonie High School, Roy C Ketcham/Wappingers JHS, Phoenix, Central Valley Academy, Gloversville, Broadalbin-Perth, Watervliet, Afton (Afton/Harpursville/B-G), Chatham, Amsterdam, Shenendehowa High School, South Lewis, Hudson Falls, TBD @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: SHS Departure Time: 6:30 AM	NL
Sep 17, 2025	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Shenendehowa High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Point: SHS Departure Time: 2:45 PM	L
Sep 20, 2025	Sat	Regular Season	@ Galway	8:00 AM		Galway HS	Departure Point: SHS Departure Time: 6:30 AM	NL
Sep 30, 2025	Tue	Regular Season	Colonie High School, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Central Park	Departure Point: SHS Departure Time: 3:00 PM	L
Oct 4, 2025	Sat	Regular Season (Grout Run Invitational)	Christian Brothers Academy, Albany, Amsterdam	9:00 AM	2:00 PM	Central Park		L
Oct 7, 2025	Tue	Regular Season 21-0-0-27-35 L	TBD, Shaker High School, Niskayuna High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Point: SHS Departure Time: 2:45 PM	L

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Oct 11, 2025	Sat	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM		Manhattan College	Departure Point: SHS Departure Time: 5:00 AM	NL
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:25 PM	Saratoga Spa State Park	Departure Point: SHS Departure Time: 11:15 AM	NL
Nov 8, 2025	Sat	Regular Season (Sectionals @Queensbury)	TBD	9:00 AM		Queensbury High School	Departure Point: SHS Departure Time: 12:00 PM	L

Date: 2025-12-05