



# Schenectady High School

## (B) MOD9 Cross Country (Modified)

Coaches:

| DATE         | WEEK DAY | TYPE  | OPPONENTS   | START TIME | END TIME | LOCATION                             | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---|------------|----------|--------------------------------------|---|---------------------|
| Sep 13, 2023 | Wed      | Regular Season                                  | Shenendehowa High School, Columbia High School @ Colonie High School                      | 4:30 PM    | 6:10 PM  | Sand Creek MS Track                  | <b>Departure Point:</b> OMS-CPMS-MPMS<br><b>Departure Time:</b> 2:30 PM | L                   |
| Sep 16, 2023 | Sat      | Regular Season (Invitational)                   | @ Fort Plain  | 9:00 AM    | 1:30 PM  | Fort Plain HS                        | <b>Departure Point:</b> SHS<br><b>Departure Time:</b> 6:45 AM           | L                   |
| Sep 23, 2023 | Sat      | Regular Season (Queensbury invitational)        | Amsterdam, Schuylerville, Maple Hill, Shaker High School, Greenville, Oneida @ Queensbury | 9:00 AM    |          | Queensbury HS, Trails @ Elem. School | <b>Departure Point:</b> SHS<br><b>Departure Time:</b> 7:00 AM           | L                   |
| Sep 27, 2023 | Wed      | Regular Season                                  | Shaker High School, Christian Brothers Academy, Albany @ Saratoga Springs High School     | 4:30 PM    | 6:10 PM  | Saratoga Spa State Park              | <b>Departure Point:</b> OMS-CPMS-MPMS<br><b>Departure Time:</b> 2:30 PM | L                   |
| Oct 4, 2023  | Wed      | Regular Season                                  | Averill Park High School @ Albany High School   | 4:30 PM    | 6:10 PM  | Capital Hills Golf Course            | <b>Departure Point:</b> OMS-CPMS-MPMS<br><b>Departure Time:</b> 2:30 PM | L                   |
| Oct 11, 2023 | Wed      | Regular Season                                  | Ballston Spa High School @ Burnt Hills-Ballston Lake HS                                   | 4:30 PM    | 6:10 PM  | BH- BL HS                            | <b>Departure Point:</b> OMS-CPMS-MPMS<br><b>Departure Time:</b> 2:30 PM | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Manhattan College Invitational) | @ TBD   | 9:00 AM    |          | Manhattan College                    | <b>Departure Point:</b> SHS<br><b>Departure Time:</b> 5:00 AM           | L                   |
| Oct 28, 2023 | Sat      | Meet (SSC Championships)                        | Vs. Multiple  | 9:00 AM    | 11:55 AM | Saratoga Spa State Park              | <b>Departure Point:</b> SHS<br><b>Departure Time:</b> 7:15 AM           | NL                  |

Date: 2024-05-18