



# Schenectady High School

## (B) MOD9 Cross Country (Modified)

**Coaches:**

- Ella Sabatino

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2019	Wed	Regular Season	Saratoga Springs High School, Christian Brothers Academy, Albany	4:45 PM	5:55 PM	Central Park		L
Sep 14, 2019	Sat	Meet (Queensbury Meet)	Vs. Multiple	9:00 AM	2:30 PM	TBD	<b>Departure Time:</b> 7:00 AM	NL
Sep 18, 2019	Wed	Regular Season	@ Averill Park High School	4:15 PM	5:55 PM	APHS Cross Country Course	<b>Departure Time:</b> 3:00 PM	L
Sep 21, 2019	Sat	Regular Season (Invitational)	Oriskany, Shaker High School @ Guilderland High School	9:00 AM	4:00 PM	Tawasentha Park		NL
Sep 25, 2019	Wed	Regular Season	Guilderland High School, Ballston Spa High School @ Shaker High School	4:15 PM	6:00 PM	Colonie Town Park	<b>Departure Time:</b> 3:00 PM	L
Oct 1, 2019	Tue	Regular Season	Colonie High School, Niskayuna High School (Modified) @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Departure Time:</b> 3:00 PM	L
Oct 5, 2019	Sat	Regular Season (Grout Run)	Colonie High School	9:00 AM		Central Park		L
Oct 16, 2019	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Albany High School @ Shenendehowa High School	4:15 PM	5:55 PM	Shen Cross Country Trail	<b>Departure Time:</b> 3:00 PM	L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple		1:30 PM	Saratoga Spa State Park	<b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 4:30 PM	NL

Date: 2026-02-01