



# 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 22, 2021	Wed	Regular Season	Christian Brothers Academy, Albany, Saratoga Springs High School @ Averill Park High School	4:15 PM	5:55 PM	APHS Cross Country Course	<b>Departure Point:</b> OMS-CP-MPMS <b>Departure Time:</b> 2:30 PM	L
Sep 25, 2021	Sat	Regular Season	Guilderland High School, Albany High School	9:00 AM	10:15 AM	Central Park		L
Sep 29, 2021	Wed	Regular Season	Ballston Spa High School	4:15 PM	5:55 PM	Central Park	<b>Departure Point:</b> MPMS-OMS <b>Departure Time:</b> 2:45 PM	L
Oct 2, 2021	Sat	Regular Season (Grout Run Invitational)	Shaker High School	9:00 AM		Central Park		L
Oct 6, 2021	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Shenendehowa High School @ Niskayuna High School (Modified)	4:15 PM	5:55 PM	Iroquois Middle School	<b>Departure Point:</b> OMS-CPMS-MPMS <b>Departure Time:</b> 2:30 PM	L
Oct 13, 2021	Wed	Regular Season	Shaker High School, Colonie High School @ Bethlehem High School	5:00 PM	5:55 PM	Elm Avenue Park	<b>Departure Point:</b> MPMS-OMS <b>Departure Time:</b> 3:30 PM	L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	South Glens Falls, Queensbury, Ballston Spa High School, Saratoga Springs High School, Shaker High School, TBD @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 7:15 AM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	12:00 PM	2:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 11:00 AM	NL

Date: 2025-12-17