



# Schenectady High School

## (B) MOD9 Cross Country (Modified)

### Coaches:

- Ella Sabatino

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / 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 <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 <b>Departure Time:</b> 6:45 AM L
Sep 20, 2023	Wed	Regular Season	Niskayuna High School (Modified), Bethlehem High School, Guilderland High School	4:30 PM	6:10 PM	Central Park	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 <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 <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 <b>Departure Time:</b> 2:30 PM L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Shaker High School, Albany High School, Ballston Spa High School	9:00 AM	1:30 PM	Central Park	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 <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 <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 <b>Departure Time:</b> 7:15 AM NL

Date: 2026-02-01