



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 14, 2024	Sat	Regular Season (Queensbury Invy)	Saratoga Springs High School, Schuylerville, Greenville, Shaker High School, Maple Hill, Broadalbin-Perth, Scotia-Glenville, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	NL
Sep 17, 2024	Tue	Regular Season	Shenendehowa High School, Colonie High School @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park	Departure Point: OMS-CPMS-MPMS Departure Time: 2:30 PM L
Sep 25, 2024	Wed	Regular Season	Bethlehem High School, Guilderland High School @ Niskayuna High School (Modified)	4:30 PM	6:10 PM	Iroquois Middle School	Departure Point: MPMS-CPMS-OMS Departure Time: 2:30 PM L
Sep 28, 2024	Sat	Regular Season (EJ Hermann Invitational)	@ TBD	9:00 AM	2:00 PM	Proctor Park, Utica NY	Departure Point: SHS Departure Time: 6:30 AM L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	Shaker High School	9:00 AM		Central Park	L
Oct 9, 2024	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Ballston Spa High School	4:30 PM	6:10 PM	Central Park	L
Oct 13, 2024	Sun	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM	4:00 PM	Van Cortland Park, Bronx, NY	Departure Point: SHS Departure Time: 5:00 AM L
Oct 16, 2024	Wed	Regular Season	Saratoga Springs High School, Shaker High School, Christian Brothers Academy, Albany	4:30 PM	6:10 PM	Central Park	L
Oct 22, 2024	Tue	Regular Season	Albany High School @ Averill Park High School	4:30 PM	6:10 PM	APHS Cross Country Course	Departure Point: OMS-CPMS-MPMS Departure Time: 2:30 PM L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park	Departure Point: SHS Departure Time: 8:00 AM NL

Date: 2026-02-01