



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 13, 2025	Sat	Regular Season (QBY Invy)	Christian Brothers Academy, Albany, Shaker High School, Amsterdam, Greenville, South Lewis, Hudson Falls @ Queensbury	8:00 AM		Queensbury HS, Trails @ Elem. School		L
Sep 17, 2025	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	Departure Point: MPMS-CPMS-OMS Departure Time: 2:30 PM	L
Sep 20, 2025	Sat	Regular Season	@ Galway	8:00 AM		Galway HS	Departure Point: SHS Departure Time: 6:30 AM	NL
Sep 24, 2025	Wed	Regular Season	Ballston Spa High School, Albany 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
Oct 4, 2025	Sat	Regular Season (Grout Run Invitational)	Shaker High School, Christian Brothers Academy, Albany	9:00 AM	2:00 PM	Central Park		L
Oct 8, 2025	Wed	Regular Season	Shaker High School, Niskayuna High School (Modified) @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park	Departure Point: MPMS-CPMS-OMS Departure Time: 2:30 PM	L
Oct 11, 2025	Sat	Regular Season (Manhattan College Invitational)	@ TBD	TBD		TBD	Departure Point: SHS Departure Time: 5:00 AM	NL
Oct 15, 2025	Wed	Regular Season	Guilderland High School, Averill Park High School, Bethlehem High School	4:30 PM	6:10 PM	Central Park		L
Oct 22, 2025	Wed	Regular Season	Colonie High School, Christian Brothers Academy, Albany	4:30 PM	6:10 PM	Central Park		L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park	Departure Point: SHS Departure Time: 7:30 AM	NL

Date: 2026-02-02