



Schenectady High School

(G) MOD9 Cross Country (Modified)

Coaches:

- Ella Sabatino

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 15, 2022	Thu	Regular Season	Averill Park High School @ Saratoga Springs High School	4:15 PM	5:55 PM	CBA, Albany	Departure Point: MPMS-CPMS-OMS Departure Time: 2:30 PM	L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	@ TBD	9:00 AM		TBD	Departure Point: SHS Departure Time: 7:00 AM	L
Sep 21, 2022	Wed	Regular Season	@ Ballston Spa High School	4:15 PM	5:55 PM	Luther Forest Athletic Field	Departure Point: MPMS-CPMS-OMS Departure Time: 2:30 PM	L
Sep 28, 2022	Wed	Regular Season	Niskayuna High School (Modified), Shenendehowa High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	BH- BL HS	Departure Point: MPMS-CPMS-OMS Departure Time: 2:30 PM	L
Oct 1, 2022	Sat	Regular Season (Grout Run Invitational)	Shaker High School, Ballston Spa High School, Guilderland High School	9:00 AM	10:00 AM	Central Park		L
Oct 8, 2022	Sat	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM		Manhattan College	Departure Point: SHS Departure Time: 5:00 AM	L
Oct 12, 2022	Wed	Regular Season	Bethlehem High School, Shaker High School, Colonie High School	4:30 PM	5:55 PM	Central Park		L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invitational)	@ TBD	9:00 AM		TBD	Departure Point: SHS Departure Time: 7:00 AM	L
Oct 19, 2022	Wed	Regular Season	Columbia High School, Guilderland High School, Albany High School	4:30 PM	5:55 PM	Central Park		L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park	Departure Point: SHS Departure Time: 7:30 AM	NL

Date: 2025-12-15