



# 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 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	@ Fort Plain	9:00 AM		Fort Plain HS	<b>Departure Point:</b> SHS <b>Departure Time:</b> 6:45 AM	NL
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 (QBY INVY)	Schuylerville, Shaker High School, Greenville, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		L
Sep 27, 2023	Wed	Regular Season	Shaker High School @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park		L
Oct 4, 2023	Wed	Regular Season	Averill Park High School @ Albany High School	4:30 PM	6:10 PM	Capital Hills Golf Course		L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Shaker High School, Albany High School, Ballston Spa High School	9:00 AM	4:00 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	TBD		L
Oct 14, 2023	Sat	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM	4:00 PM	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: 2025-12-11