

Coaches:

• Shane Zanetti

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 18, 2021	Sat	Regular Season (Queensbury 17th Annual Adirondack Cross Country Invitational)	Ballston Spa High School, Greenville, Shaker High School, Glens Falls @ TBD	9:00 AM		Queensbury HS, Trails @ Elem. School		Departure Time: 7:00 AM	NL
Sep 22, 2021	Wed	Regular Season	Schenectady High School (Modified), Christian Brothers Academy, Albany @ Averill Park High School	4:15 PM	5:55 PM	APHS Cross Country Course		Departure Point: High School Departure Time: 2:45 PM	L
Sep 29, 2021	Wed	Regular Season	Albany High School, Burnt Hills-Ballston Lake HS @ Shaker High School	5:00 PM		TBD		Departure Point: High School Departure Time: 3:00 PM	L
Oct 2, 2021	Sat	Regular Season (McQuaid Invitational Genesee Valley Park)	TBD	9:00 AM		Genesee Valley Park	Bus/Driver: Upstate	Departure Point: SHS	L
POSTPONED Oct 6, 2021	Wed	Regular Season	Bethlehem High School	4:15 PM	5:55 PM	Saratoga Spa State Park		Departure Point: High School, No bus home Departure Time: 2:45 PM	L
Oct 9, 2021	Sat	Regular Season (Saratoga Invitational at Pitney Farm)	TBD	1:00 PM		Pitney Meadows Community Farm			L
Oct 13, 2021	Wed	Regular Season	Guilderland High School, Shenendehowa High School @ Ballston Spa High School			Saratoga State Park		Departure Point: High School Departure Time: 2:45 PM	L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School (Modified), South Glens Falls, Queensbury, Ballston Spa High School, Shaker High School, TBD @ Burnt Hills- Ballston Lake HS	9:00 AM		Saratoga Spa State Park			L
Oct 19, 2021	Tue	Regular Season	Niskayuna High School (Modified) @ Colonie High School	4:15 PM		The Crossings of Colonie		Departure Point: High School Departure Time: 2:45 PM	L

DATE	WEE! DAY	K TYPE	OPPONENTS	START TIME	T END TIME LOCATION	DEPARTURE TRANSPORTATION	LEAGUE I / NON- LEAGUE
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	12:00 PM	2:55 Saratoga PM Spa State Park	Departure Point: SHS Departure Time: 7:00 AM	NL

Date: 2024-06-16