



# Shenendehowa High School

## (G) V Cross Country

### Coaches:

- Robert Cloutier

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2023	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Shaker High School, Colonie High School, Queensbury, Albany High School @ Niskayuna High School	9:00 AM		Iroquois Middle School		NL
Sep 5, 2023	Tue	Regular Season	Niskayuna High School, Burnt Hills-Ballston Lake HS @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park		L
Sep 12, 2023	Tue	Regular Season	Schenectady High School, Columbia High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park		L
Sep 19, 2023	Tue	Regular Season	Troy	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Sep 23, 2023	Sat	Regular Season (Queensbury invitational)	Amsterdam, Schenectady High School, Schuylerville, Hadley-Luzerne (Corinth/Hadley Luzerne), Glens Falls, Shaker High School, Greenville, Ballston Spa High School, Chittenango, Maple Hill, Troy, Albany High School, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		L
Oct 3, 2023	Tue	Regular Season	Shaker High School, Bethlehem High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park		L
Oct 10, 2023	Tue	Regular Season	Saratoga Springs High School, Albany High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		L
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invitational)	Jamesville-Dewitt, Schuylerville, Granville (Granville-Whitehall), Johnstown, Edmeston (Edmeston/Morris), Shaker High School, Ballston Spa High School, Colonie High School, Albany High School, Scotia-Glenville, Greenville, Queensbury, Troy, Glens Falls @ Burnt Hills-Ballston Lake HS	8:00 AM		Saratoga Spa State Park		NL

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Oct 14, 2023	Sat	Regular Season (Manhattan Invy)	@ TBD	9:00 AM		Van Cortland Park		L
Oct 21, 2023	Sat	Regular Season (Section 1 Coaches Invy)	@ TBD	9:00 AM		Bowdoin Park		L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		NL
Nov 4, 2023	Sat	Post-Season (Sectionals)	Greenville, Schuylerville @ Queensbury	11:00 AM		Queensbury HS, Trails @ Elem. School		NL
Nov 11, 2023	Sat	Post-Season (STATE CHAMPIONSHIPS)	@ TBD	9:00 AM		Vernon Verona Sherrill High School		L
Nov 18, 2023	Sat	Post-Season (FEDERATION STATE CHAMPIONSHIPS)	@ TBD	9:00 AM		Bowdoin Park		L
Nov 25, 2023	Sat	Post-Season (NIKE REGIONAL CHAMPIONSHIPS)	@ TBD	9:00 AM		Bowdoin Park		L
Dec 2, 2023	Sat	Post-Season (NIKE NATIONAL CHAMPIONSHIPS - PORTLAND, OR)	@ TBD	TBD		TBD		L

Date: 2024-04-19