



# Shenendehowa High School

## (B) V Cross Country

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2019	Sat	Regular Season (Ekiden)	Albany High School, Shaker High School @ Niskayuna High School	9:30 AM		Iroquois Middle School		L
Sep 10, 2019	Tue	Regular Season	Bethlehem High School, Ballston Spa High School, Troy	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 14, 2019	Sat	Meet (Queensbury XC Invitational)	Vs. Multiple	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 14, 2019	Sat	Regular Season (Invitational)	@ TBD	9:00 AM		Queensbury HS, Trails @ Elem. School		L
Sep 17, 2019	Tue	Regular Season	Shaker High School, Niskayuna High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 24, 2019	Tue	Regular Season	Averill Park High School @ Colonie High School	4:15 PM	5:55 PM	The Crossings of Colonie		L
Sep 28, 2019	Sat	Regular Season (Bowdoin Classic)	@ TBD	9:00 AM		Bowdoin Park		L
Oct 2, 2019	Wed	Regular Season	Christian Brothers Academy, Albany, Columbia High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		L
Oct 5, 2019	Sat	Meet (Grout Run)	Vs. Multiple	9:00 AM		Central Park		NL
Oct 12, 2019	Sat	Regular Season (Manhattan Invy)	@ TBD	9:00 AM		Van Cortland Park		L
Oct 15, 2019	Tue	Regular Season	Schenectady High School, Albany High School, Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL
Nov 4, 2019	Mon	Post-Season (SECTIONAL CHAMPIONSHIP)	@ TBD	10:00 AM		Saratoga Spa State Park		L
Nov 16, 2019	Sat	Post-Season (STATE CHAMPIONSHIP in Plattsburgh)	@ TBD	9:00 AM		TBD		L
Nov 30, 2019	Sat	Post-Season (REGIONAL CHAMPIONSHIP)	@ TBD	9:00 AM		Bowdoin Park		L
Dec 7, 2019	Sat	Post-Season (NATIONAL CHAMPIONSHIPS)	@ TBD	9:00 AM		Bowdoin Park		L

Date: 2024-05-20

