



Shenendehowa High School

(B) V Cross Country

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Shaker High School, Schenectady High School, LaSalle Institute, Averill Park High School, Voorheesville, Ballston Spa High School, Rome Free Academy, Queensbury @ Niskayuna High School	9:30 AM		Iroquois Middle School-Niskayuna		L
Sep 14, 2021	Tue	Regular Season	Shaker High School, Troy @ Christian Brothers Academy, Albany	4:15 PM	5:55 PM	CBA Track		L
Sep 18, 2021	Sat	Regular Season (Queensbury Adirondack XC Invitational)	Schuylerville, South Glens Falls, Niskayuna High School, Bethlehem High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Albany High School, Greenville, Ballston Spa High School, Saratoga Springs High School, Shaker High School, Schenectady High School, Glens Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 21, 2021	Tue	Regular Season	Albany High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park		L
Sep 28, 2021	Tue	Regular Season	Columbia High School, Averill Park High School, Colonie High School	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Oct 2, 2021	Sat	Regular Season (Grout Invy - JV and Freshmen)	@ TBD	9:00 AM		TBD		L
Oct 2, 2021	Sat	Regular Season (McQuade Invitational)	@ TBD	9:00 AM		TBD		L
Oct 2, 2021	Sat	Regular Season (Grout Run Invitational)	Johnstown, Queensbury, Albany High School, Shaker High School, Troy, TBD, Greenville @ Schenectady High School	9:00 AM		Central Park		L

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Oct 5, 2021	Tue	Regular Season	Schenectady High School, Burnt Hills-Ballston Lake HS @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Oct 12, 2021	Tue	Regular Season	Guilderland High School, Saratoga Springs High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park		L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School, South Glens Falls, Queensbury, Niskayuna High School, Ballston Spa High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Greenville, Oneonta, Christian Brothers Academy, Albany, Oriskany, New Hartford, Saratoga Springs High School, Troy, Shaker High School, Johnstown @ Burnt Hills-Ballston Lake HS	9:15 AM	12:00 PM	Saratoga Spa State Park		L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park		NL
Nov 5, 2021	Fri	Post-Season (Sectionals)	@ TBD	2:30 PM		Saratoga Spa State Park		L
Nov 13, 2021	Sat	Post-Season (NYSPHSAA Championships)	@ TBD	12:30 PM		Chenango Valley State Park		L

Date: 2024-05-08