



# Shenendehowa High School

## (B) V Cross Country

Coaches:

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, Albany High School, Queensbury, Troy @ 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, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		Genessee Valley Park		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 (Manhattan Invy)	@ TBD	9:00 AM		Van Cortland Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invy)	Colonie High School, Granville (Granville-Whitehall), Schuylerville, Johnstown, Edmeston (Edmeston/Morris), Jamesville-Dewitt, Shaker High School, Ballston Spa High School, Albany High School, Troy, Greenville, Queensbury, Scotia-Glenville, Glens Falls @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL
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 (Section 2 Championships)	Johnstown, Amsterdam, Christian Brothers Academy, Albany, Greenville @ Queensbury	10:00 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: 2024-04-18