



Shenendehowa High School

(B) 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, 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 |

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|--------------|-------------|---|---|---------------|-------------|---|----------------|----------------------------|
| Oct 14, 2023 | Sat | Regular Season (Burnt Hills Invy) | Colonie High School, Granville (Granville- Whitehall-Hartford), 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: 2026-01-20