



Shenendehowa High School

(B) MOD9 Cross Country

Coaches:

- Michael Silvignoli

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 26, 2018	Wed	Regular Season	Averill Park High School, Niskayuna High School (Modified) @ Shaker High School	4:15 PM		TBD		L
Oct 3, 2018	Wed	Regular Season	Ballston Spa High School, Guilderland High School @ Saratoga Springs High School	4:15 PM		Saratoga Spa State Park		L
Oct 10, 2018	Wed	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany @ Albany High School	4:15 PM		Washington Park		L
Oct 18, 2018	Thu	Regular Season	Niskayuna High School (Modified), Saratoga Springs High School, Colonie High School, Schenectady High School (Modified)	4:30 PM		Shen Cross Country Trail		L
Oct 30, 2018	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM		Saratoga Spa State Park		NL

Date: 2025-12-18