



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 11, 2019 | Wed | Regular Season | Bethlehem High School, Ballston Spa High School | 4:15 PM | 5:55 PM | Shen Cross Country Trail | | L |
| Sep 18, 2019 | Wed | Regular Season | Shaker High School, Niskayuna High School (Modified) @ Saratoga Springs High School | 4:15 PM | 5:55 PM | Saratoga Spa State Park | | L |
| Sep 25, 2019 | Wed | Regular Season | Averill Park High School @ Colonie High School | 4:15 PM | 5:55 PM | Sand Creek MS Track | | L |
| Oct 3, 2019 | Thu | Regular Season | Christian Brothers Academy, Albany @ Guilderland High School | 4:15 PM | | Tawasentha Park | | L |
| Oct 16, 2019 | Wed | Regular Season | Schenectady High School (Modified), Burnt Hills-Ballston Lake HS, Albany High School | 4:15 PM | 5:55 PM | Shen Cross Country Trail | | L |
| Oct 26, 2019 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | | NL |

Date: 2026-04-02