



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 20, 2021	Mon	Regular Season	Albany High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park		L
Sep 29, 2021	Wed	Regular Season	Colonie High School, Averill Park High School	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Oct 6, 2021	Wed	Regular Season	Schenectady High School (Modified), Burnt Hills-Ballston Lake HS @ Niskayuna High School (Modified)	4:15 PM	5:55 PM	Iroquois Middle School		L
Oct 13, 2021	Wed	Regular Season	Guilderland High School, Saratoga Springs High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park		L
Oct 20, 2021	Wed	Regular Season	Shaker High School @ Christian Brothers Academy, Albany	5:00 PM	5:55 PM	CBA Track		L
Oct 22, 2021	Fri	Regular Season	@ Greenwich	4:15 PM		High School		L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	12:00 PM	2:55 PM	Saratoga Spa State Park		NL

Date: 2025-12-18