



# 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 21, 2022	Wed	Regular Season	Columbia High School, Averill Park High School @ Colonie High School	4:15 PM	5:55 PM	Sand Creek Middle School		L
Sep 28, 2022	Wed	Regular Season	Schenectady High School (Modified), Niskayuna High School (Modified) @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	TBD		L
Oct 12, 2022	Wed	Regular Season	Ballston Spa High School, Saratoga Springs High School @ Guilderland High School	4:30 PM	5:55 PM	Tawasentha Park		L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invitational)	Schenectady High School (Modified), Saratoga Springs High School, Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		L
Oct 19, 2022	Wed	Regular Season	Christian Brothers Academy, Albany @ Shaker High School	4:30 PM		Shaker High School		L
Oct 25, 2022	Tue	Regular Season	Albany High School, Bethlehem High School	4:30 PM	6:10 PM	Shen Cross Country Trail		L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park		NL

Date: 2024-05-19