



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 13, 2023	Wed	Regular Season	Schenectady High School (Modified), Columbia High School @ Colonie High School	4:30 PM	6:10 PM	Sand Creek MS Track		L
Sep 20, 2023	Wed	Regular Season	Christian Brothers Academy, Albany, Averill Park High School, Ballston Spa High School, Saratoga Springs High School, Colonie High School	4:30 PM	6:10 PM	Shen Cross Country Trail		L
Sep 27, 2023	Wed	Regular Season	Niskayuna High School (Modified), Burnt Hills-Ballston Lake HS @ Averill Park High School	4:30 PM	6:10 PM	APHS Cross Country Course		L
Oct 4, 2023	Wed	Regular Season	Shaker High School, Bethlehem High School @ Ballston Spa High School	4:30 PM	6:10 PM	Ballston Spa Track		L
Oct 11, 2023	Wed	Regular Season	Saratoga Springs High School, Albany High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park		L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park		NL

Date: 2025-12-15