



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 17, 2024	Tue	Regular Season	Schenectady High School (Modified), Colonie High School @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park		L
Sep 25, 2024	Wed	Regular Season	Saratoga Springs High School, Averill Park High School, Ballston Spa High School, Colonie High School @ Christian Brothers Academy, Albany	4:30 PM	6:10 PM	CBA, Albany		L
Oct 9, 2024	Wed	Regular Season	Guilford High School, Albany High School @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park		L
Oct 16, 2024	Wed	Regular Season	Averill Park High School, Niskayuna High School (Modified), Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	Shen Cross Country Trail		L
Oct 22, 2024	Tue	Regular Season	Ballston Spa High School, Bethlehem High School @ Shaker High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park		NL

Date: 2025-12-14