



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, 2025	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Schenectady High School (Modified)	4:30 PM	6:10 PM	Shen Cross Country Trail		L
Sep 24, 2025	Wed	Regular Season	Colonie High School, Shaker High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park		L
Oct 8, 2025	Wed	Regular Season	Averill Park High School @ Albany High School	4:30 PM	6:10 PM	Westland Hills Park Zoar Ave. Albany, NY 12201		L
Oct 11, 2025	Sat	Regular Season (Cross country invy)	Schuylerville @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		L
Oct 15, 2025	Wed	Regular Season	Columbia High School, Saratoga Springs High School @ Christian Brothers Academy, Albany	4:30 PM	6:10 PM	CBA, Albany		L
Oct 21, 2025	Tue	Regular Season	Niskayuna High School (Modified), Ballston Spa High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park		L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park		NL

Date: 2025-12-14