



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 16, 2026 | Wed | Regular Season | Burnt Hills-Ballston Lake HS @ Schenectady High School (Modified) | 4:30 PM | 6:10 PM | Central Park | | L |
| Sep 23, 2026 | Wed | Regular Season | Guilderland High School, Shaker High School @ Colonie High School | 4:30 PM | 6:10 PM | Colonie Town Park | | L |
| Sep 30, 2026 | Wed | Regular Season | Albany High School, Averill Park High School | 4:30 PM | 6:10 PM | Saratoga Spa State Park | | L |
| Oct 7, 2026 | Wed | Regular Season | Christian Brothers Academy, Albany, Saratoga Springs High School @ Columbia High School | 4:30 PM | 6:10 PM | Cross Country B&G - Schodack Island State Park | | L |
| Oct 14, 2026 | Wed | Regular Season | Bethlehem High School, Ballston Spa High School @ Niskayuna High School (Modified) | 4:30 PM | 6:10 PM | Iroquois Middle School | | L |
| Oct 24, 2026 | Sat | Meet (SSC Championships) | Vs. Multiple | 9:00 AM | 1:55 PM | Saratoga Spa State Park | | NL |

Date: 2026-05-25