



Shaker High School

(G) V Cross Country

Coaches:

- Keith Weiss, Head Coach
- Jenny DeBellis, Asst Coach
- Erin Gregory, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Aug 29, 2018	Wed	Scrimmage	Mohonasen, Guilderland High School	9:30 AM	12:00 PM	Saratoga State Park	Departure Time: 7:30 AM Return Date: Return Time: 12:00 PM L
Sep 4, 2018	Tue	Regular Season	Bethlehem High School, Guilderland High School	4:15 PM		Colonie Mohawk River Town Park	L
Sep 7, 2018	Fri	Regular Season (Shaker Invitational)	Colonie High School	4:00 PM		Colonie Mohawk River Town Park	Departure Time: 2:30 PM L
Sep 11, 2018	Tue	Regular Season	Columbia High School, Albany High School @ Saratoga Springs High School	4:15 PM		Saratoga Spa State Park	L
Sep 15, 2018	Sat	Meet (ADK XC Classic Invy)	Vs. Multiple	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:45 AM Return Date: Return Time: 1:15 PM NL
Sep 18, 2018	Tue	Practice	N/A	3:00 PM		Colonie Mohawk River Town Park	Departure Time: 2:30 PM Return Date: Return Time: 4:45 PM
Sep 25, 2018	Tue	Regular Season	Niskayuna High School, Ballston Spa High School @ Burnt Hills-Ballston Lake HS	4:15 PM		Saratoga Spa State Park	Departure Point: SHS Departure Time: 2:30 PM L Return Date: Return Time: 6:00 PM
Sep 29, 2018	Sat	Meet (John Killian Invitational)	Vs. Multiple	9:00 AM	1:00 PM	Moreau State Park	Departure Time: 7:45 AM Return Date: Return Time: 11:30 AM NL
Oct 2, 2018	Tue	Regular Season	Shenendehowa High School, Troy @ Schenectady High School	4:15 PM		Iroquois Middle School, Niskayuna	Departure Time: 2:30 PM L Return Date: Return Time: 6:00 PM
Oct 6, 2018	Sat	Meet (Grout Invitational)	Vs. Multiple	9:00 AM		Central Park	NL
Oct 9, 2018	Tue	Regular Season	Averill Park High School, Colonie High School	4:15 PM		Colonie Mohawk River Town Park	Departure Time: 2:30 PM L
Oct 19, 2018	Fri	Post-Season (Albany County Championship)	@ TBD	4:00 PM		Colonie Mohawk River Town Park	Departure Time: 2:30 PM L
POSTPONED Oct 27, 2018	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Time: 11:00 AM Return Date: Return Time: 4:30 PM NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Nov 2, 2018	Fri	Post-Season (Section 2 Championship)	@ TBD	10:00 AM		TBD	Departure Time: 9:30 AM Return Date: Return Time: 3:00 PM L
Nov 9, 2018	Fri	Post-Season (NYS Championship)	TBD	10:00 AM		Sunken Meadows State Park	L

Date: 2026-01-31