



# 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	LEAGUE / NON-LEAGUE
Aug 31, 2019	Sat	Regular Season (Ekiden)	Albany High School, Burnt Hills-Ballston Lake HS @ Niskayuna High School	9:30 AM		Iroquois Middle School	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L
Sep 7, 2019	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 7, 2019	Sat	Regular Season (Shaker Invitational)	Colonie High School	9:00 AM		Colonie Mohawk River Town Park		L
Sep 10, 2019	Tue	Regular Season	Albany High School, Colonie High School @ Columbia High School	4:15 PM	5:55 PM	Schodack Island State Park	<b>Departure Time:</b> 2:35 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	L
Sep 11, 2019	Wed	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	<b>Departure Time:</b> 3:15 PM	
Sep 12, 2019	Thu	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	<b>Departure Time:</b> 3:15 PM	
Sep 17, 2019	Tue	Regular Season 0-0-0-0 T	Shenendehowa High School, Niskayuna High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Departure Time:</b> 2:35 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Sep 18, 2019	Wed	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park		
Sep 19, 2019	Thu	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	<b>Departure Time:</b> 3:15 PM	
Sep 21, 2019	Sat	Regular Season (Guilderland Invitational )	Burnt Hills-Ballston Lake HS, Saratoga Springs High School, Schenectady High School @ Guilderland High School	7:30 AM		Tawasentha Park	<b>Departure Time:</b> 7:45 AM <b>Return Date:</b> <b>Return Time:</b> 1:00 PM	L
Sep 24, 2019	Tue	Regular Season	Schenectady High School, Ballston Spa High School, Guilderland High School	4:15 PM	6:30 PM	Colonie Mohawk River Town Park	<b>Departure Time:</b> 2:35 PM	L
Sep 25, 2019	Wed	Practice	N/A	3:30 PM		TBD		
Sep 26, 2019	Thu	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	<b>Departure Time:</b> 3:15 PM	
Oct 2, 2019	Wed	Regular Season	Troy, Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Colonie Mohawk River Town Park	<b>Departure Time:</b> 2:35 PM	L
Oct 3, 2019	Thu	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	<b>Departure Time:</b> 3:15 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2019	Thu	Practice	N/A	3:15 PM		Colonie Mohawk River Town Park	<b>Departure Time:</b> 2:45 PM	
Oct 15, 2019	Tue	Regular Season	Averill Park High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Departure Time:</b> 2:35 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	L
Oct 18, 2019	Fri	Meet (Albany County Championship)	Vs. Multiple	4:00 PM		The Crossings		NL
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	<b>Departure Time:</b> 11:50 AM <b>Return Date:</b> <b>Return Time:</b> 4:30 PM	NL
Nov 4, 2019	Mon	Post-Season (Girls Sectionals)	TBD	9:00 AM		Saratoga State Park	<b>Departure Time:</b> 10:15 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	L

Date: 2025-12-17