



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
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Schenectady High School, Averill Park High School, Shenendehowa High School, Academy of Holy Names, Voorheesville, Ballston Spa High School, Rome Free Academy, Queensbury, Burnt Hills-Ballston Lake HS @ Niskayuna High School	9:30 AM		Iroquois Middle School		NL
Sep 10, 2021	Fri	Regular Season (The Springstead Invitational)	Colonie High School, Bethlehem High School	4:00 PM		The Crossings		L
Sep 14, 2021	Tue	Regular Season	Shenendehowa High School @ Troy	4:15 PM	5:55 PM	CBA, Albany		L
Sep 18, 2021	Sat	Regular Season (17th Annual Queensbury-Adirondack Cross Country Classic Invitational)	Schuylerville, South Glens Falls, Niskayuna High School, Bethlehem High School, Shenendehowa High School, Ballston Spa High School, Greenville, Albany High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Schenectady High School, Glens Falls, Saratoga Springs High School, Burnt Hills-Ballston Lake HS @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 21, 2021	Tue	Regular Season	Columbia High School, Ballston Spa High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Sep 28, 2021	Tue	Regular Season	Albany High School, Burnt Hills-Ballston Lake HS, Saratoga Springs High School	4:15 PM	5:55 PM	The Crossings		L
Oct 2, 2021	Sat	Regular Season (Grout Run Invitational)	Johnstown, Queensbury, Albany High School, Troy, Greenville @ Schenectady High School	9:00 AM		Central Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2021	Tue	Regular Season	Guilderland High School, Averill Park High School	4:15 PM	5:55 PM	The Crossings		L
Oct 12, 2021	Tue	Regular Season	Schenectady High School, Colonie High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park		L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School, South Glens Falls, Queensbury, Niskayuna High School, Ballston Spa High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Greenville, Oneonta, New Hartford, Oriskany, Saratoga Springs High School, Johnstown, Troy, Scotia-Glenville, North Warren, Chatham @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		L
Oct 22, 2021	Fri	Regular Season (Albany Kiwanis Meet)	Albany Academies, Albany High School, Berne-Knox-Westerlo, Bethlehem High School, Cohoes, Guilderland High School, Ravena-Coeymans, Voorheesville, Watervliet @ Colonie High School	3:30 PM	5:15 PM	The Crossings of Colonie	Departure Time: 2:45 PM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park		NL
Nov 5, 2021	Fri	Post-Season (Section 2 Championships)	TBD	2:00 PM		Saratoga State Park	Departure Time: 10:00 AM	L

Date: 2025-12-17