



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 3, 2022	Sat	Regular Season (Ekiden)	Schuylerville, Schenectady High School, Queensbury, Rome Free Academy @ Niskayuna High School	9:30 AM	1:00 PM	Iroquois Middle School		L
Sep 6, 2022	Tue	Regular Season	Troy, Shenendehowa High School	4:15 PM	5:55 PM	The Crossings		L
Sep 10, 2022	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		The Crossings		NL
Sep 13, 2022	Tue	Regular Season	Niskayuna High School, Ballston Spa High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Monroe-Woodbury, Ballston Spa High School, Schuylerville, Niskayuna High School, Schenectady High School, South Glens Falls, Saratoga Springs High School, Coxsackie-Athens, Glens Falls, Granville (Granville-Whitehall-Hartford), Roy C Ketcham/ Wappingers JHS, Remsen, Amsterdam, John Jay HS/ Van Wyck JHS, Colonie High School, Our Lady of Lourdes, Albany High School, Maple Hill, Chatham @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 20, 2022	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Saratoga Springs High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course		L
Sep 27, 2022	Tue	Regular Season	Averill Park High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		L
Oct 1, 2022	Sat	Regular Season (Grout Run Invitational)	Schuylerville @ Schenectady High School	9:00 AM		Central Park		NL
Oct 8, 2022	Sat	Regular Season (Manhattan College Invitational)	TBD	TBD		Van Cortland Park	Departure Time: 11:15 AM Return Date: Return Time: 3:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 11, 2022	Tue	Regular Season	Bethlehem High School, Colonie High School @ Schenectady High School	4:30 PM	5:55 PM	Iroquois Middle School, Niskayuna		L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Niskayuna High School, Schenectady High School, South Glens Falls, Oneonta, Saratoga Springs High School, Granville (Granville-Whitehall-Hartford), Schuylerville, Guilderland High School, Ballston Spa High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		L
Oct 21, 2022	Fri	Post-Season (Albany County Championship)	TBD	4:00 PM		New Scotland Town Park		L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		NL
Nov 5, 2022	Sat	Post-Season (Section 2 Championships)	TBD	9:00 AM		Queensbury High School	Departure Time: 10:30 AM	L

Date: 2025-12-18