



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 2, 2023	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Colonie High School, Queensbury, Shenendehowa High School, Albany High School @ Niskayuna High School	9:00 AM		Iroquois Middle School	Departure Time: 7:30 AM	NL
Sep 5, 2023	Tue	Regular Season	Schenectady High School @ Saratoga Springs High School	5:30 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 3:30 PM	L
Sep 9, 2023	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 12, 2023	Tue	Regular Season	Averill Park High School, Troy @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Time: 2:25 PM	L
Sep 19, 2023	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Albany High School, Columbia High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 2:25 PM	L
Sep 23, 2023	Sat	Regular Season (Queensbury invitational)	Amsterdam, Schenectady High School, Schuylerville, Hadley-Luzerne (Corinth/Hadley Luzerne), Glens Falls, Greenville, Ballston Spa High School, Chittenango, Shenendehowa High School, Maple Hill, Troy, Albany High School, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 11:15 AM	L
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	9:00 AM		Genesee Valley Park		NL
Oct 3, 2023	Tue	Regular Season	Shenendehowa High School, Bethlehem High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park	Departure Time: 2:25 PM	L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Colonie High School, Albany High School @ Schenectady High School	9:00 AM	4:00 PM	Central Park	Departure Time: 7:30 AM	L
Oct 10, 2023	Tue	Regular Season	Colonie High School @ Niskayuna High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 2:25 PM Return Date: Return Time: 6:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invitational)	Jamesville-Dewitt, Schuylerville, Granville (Granville-Whitehall-Hartford), Johnstown, Edmeston (Edmeston/Morris), Ballston Spa High School, Colonie High School, Shenendehowa High School, Albany High School, Scotia-Glenville, Greenville, Queensbury, Troy, Glens Falls @ Burnt Hills-Ballston Lake HS	8:00 AM		Saratoga Spa State Park	Departure Time: 7:00 AM	NL
Oct 20, 2023	Fri	Post-Season (Albany County Championship)	TBD	3:00 PM		New Scotland Town Park	Departure Time: 1:45 PM	L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	Departure Time: 11:30 AM	NL
Nov 4, 2023	Sat	Post-Season (Section 2 Championships)	@ TBD	TBD		Queensbury High School		L

Date: 2025-12-05