



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 7, 2024	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Scotia-Glenville, Colonie High School @ Niskayuna High School	9:30 AM		Iroquois Middle School	Departure Time: 7:30 AM Return Date: Return Time: 11:45 AM	NL
Sep 10, 2024	Tue	Regular Season	Saratoga Springs High School @ Schenectady High School	4:15 PM	5:55 PM	Saratoga State Park		L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen, Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Auburn, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 9:00 AM	NL
Sep 17, 2024	Tue	Regular Season	Averill Park High School, Guilderland High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park		L
Sep 24, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course		L
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	8:00 AM		Genesee Valley Park		NL
Oct 1, 2024	Tue	Regular Season	Shenendehowa High School, Ballston Spa High School, Bethlehem High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park		L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	Ballston Spa High School, Colonie High School @ Schenectady High School	9:00 AM		Central Park	Departure Time: 8:00 AM Return Date: Return Time: 1:00 PM	L
Oct 8, 2024	Tue	Regular Season	Niskayuna High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2024	Sat	Regular Season	Lake George, Niskayuna High School, Shenendehowa High School, Ballston Spa High School, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL
Oct 18, 2024	Fri	Meet (Albany County Championship Meet)	Vs. Multiple	4:00 PM		Colonie Mohawk River Town Park		NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park		NL
Nov 9, 2024	Sat	Regular Season (Section 2 Championships)	@ TBD	1:00 PM		Queensbury High School		L

Date: 2025-12-06