



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 28, 2025	Thu	Practice	N/A	8:00 AM		Niskayuna High School	Departure Time: 7:00 AM Return Date: Return Time: 10:00 AM	
Sep 2, 2025	Tue	Regular Season	Burnt Hills-Ballston Lake HS @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 6, 2025	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Colonie High School, Scotia-Glenville, Amsterdam @ Niskayuna High School	9:30 AM		Iroquois Middle School	Departure Time: 7:30 AM Return Date: Return Time: 11:45 AM	NL
Sep 9, 2025	Tue	Regular Season	Colonie High School, Shenendehowa High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		L
Sep 13, 2025	Sat	Regular Season (Queensbury Invy)	Schenectady High School, Auburn, Lake George, Monticello, Niskayuna High School, Tully, Greenville, Colonie High School, Roy C Ketcham/ Wappingers JHS, Central Valley Academy, Phoenix, Chatham, Broadalbin-Perth, Shenendehowa High School, South Lewis, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:45 AM Return Date: Return Time: 1:00 PM	NL
Sep 16, 2025	Tue	Regular Season	Bethlehem High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course		L
Sep 27, 2025	Sat	Regular Season (Bowdoin Classic)	@ TBD	9:00 AM		Bowdoin Park		NL
Sep 30, 2025	Tue	Regular Season	Averill Park High School, Columbia High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park		L
Oct 4, 2025	Sat	Regular Season (Grout Run Invitational)	Colonie High School, Amsterdam @ Schenectady High School	9:00 AM	2:00 PM	Central Park	Departure Time: 7:30 AM Return Date: Return Time: 1:30 PM	NL
Oct 7, 2025	Tue	Regular Season	TBD, Niskayuna High School, Schenectady High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 11, 2025	Sat	Regular Season (Burnt Hills Invy)	Lake George, Niskayuna High School, Ballston Spa High School, Schuylerville, Greenville, Cato-Meridian (Blue Devils), Gloversville, Colonie High School, TBD @ Burnt Hills-Ballston Lake HS	9:00 AM	5:25 PM	Saratoga Spa State Park		NL
Oct 17, 2025	Fri	Post-Season (Albany County Championship)	@ TBD	3:00 PM		Colonie Mohawk River Town Park		L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:25 PM	Saratoga Spa State Park		NL
Nov 8, 2025	Sat	Post-Season (Section 2 Championships)	TBD	11:00 AM		Queensbury High School	Departure Time: 10:30 AM Return Date: Return Time: 3:00 PM	L
Nov 15, 2025	Sat	Post-Season (State Championships)	TBD	9:00 AM		Queensbury High School		L
Nov 22, 2025	Sat	Post-Season (NYS Federations)	TBD	9:00 AM		Bowdoin Park		L

Date: 2025-12-05