



Shaker High School

(B) V Cross Country

Coaches:

- Dan Bruton, Head Coach
- Mark Thompson, Asst Coach
- Ed Springstead, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2022	Mon	Practice	N/A	9:00 AM		Capital Hills Golf Course	Departure Time: 8:15 AM Return Date: Return Time: 11:15 AM	
Sep 6, 2022	Tue	Regular Season 1-1-0-1 L	Christian Brothers Academy, Albany, 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 24, 2022	Sat	Practice	N/A	8:30 AM		New Scotland Town Park	Departure Time: 8:00 AM Return Date: Return Time: 11:15 AM	
Oct 8, 2022	Sat	Regular Season (Manhattan College Invitational)	TBD	TBD		Van Cortland Park		L
Oct 21, 2022	Fri	Post-Season (Albany County Championship)	TBD	4:00 PM		New Scotland Town Park	Departure Time: 1:45 PM Return Date: Return Time: 6:00 PM	L
Nov 5, 2022	Sat	Post-Season (Section 2 Championships)	TBD	9:00 AM		Queensbury High School	Departure Time: 8:30 AM Return Date: Return Time: 3:30 PM	L

Date: 2023-10-03