



# Shaker High School

## (B) V Cross Country

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2019	Sat	Regular Season (Ekiden)	Shenendehowa High School, Albany High School @ Niskayuna High School	9:30 AM		Iroquois Middle School		L
Sep 7, 2019	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 7, 2019	Sat	Regular Season (Shaker Invitational)	Colonie High School	9:00 AM		Colonie Mohawk River Town Park		L
Sep 10, 2019	Tue	Regular Season	Albany High School, Colonie High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Sep 17, 2019	Tue	Regular Season	Shenendehowa High School, Niskayuna High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 21, 2019	Sat	Regular Season (Guilderland Invitational)	Colonie High School, Schenectady High School, Oriskany, Sauquoit Valley, Greenwich @ Guilderland High School	7:30 AM		Tawasentha Park		L
Sep 24, 2019	Tue	Regular Season	Schenectady High School, Ballston Spa High School, Guilderland High School	4:15 PM	6:30 PM	Colonie Mohawk River Town Park		L
Sep 25, 2019	Wed	Practice	N/A	3:15 PM		Colonie Mohawk River Town Park		
Sep 28, 2019	Sat	Meet (MCQuaid Invitational)	Vs. Multiple	3:30 PM		Genesee Valley Park		NL
Oct 2, 2019	Wed	Regular Season	Troy, Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Colonie Mohawk River Town Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	Dolgeville, South Glens Falls, Schuylerville, Greenville, Hadley- Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Oneonta, Niskayuna High School, Ballston Spa High School, Saratoga Central Catholic, Johnstown, Stillwater, Lake George, Scotia- Glenville, Broadalbin-Perth, Granville (Granville- Whitehall-Hartford), Chittenango @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Departure Time:</b> 7:45 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	NL
Oct 15, 2019	Tue	Regular Season	Christian Brothers Academy, Albany, Averill Park High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park		L
Oct 18, 2019	Fri	Meet (Albany County Championship)	Vs. Multiple	4:00 PM		The Crossings		NL
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL
Nov 4, 2019	Mon	Post-Season (Boys Sectionals)	TBD	9:00 AM		Saratoga State Park	<b>Departure Time:</b> 9:00 AM <b>Return Date:</b> <b>Return Time:</b> 1:30 PM	L
Nov 15, 2019	Fri	Post-Season (NYS Federations)	@ TBD	11:00 AM		Bowdoin Park		L

Date: 2026-01-22