



# 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
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Schenectady High School, LaSalle Institute, Averill Park High School, Voorheesville, Ballston Spa High School, Rome Free Academy, Queensbury, Shenendehowa High School @ Niskayuna High School	9:30 AM		Iroquois Middle School-Niskayuna	<b>Departure Time:</b> 7:45 AM <b>Return Date:</b> <b>Return Time:</b> 12:45 PM	L
Sep 10, 2021	Fri	Regular Season (The Springstead Invitational )	Colonie High School, Bethlehem High School	4:00 PM		The Crossings of Colonie	<b>Departure Time:</b> 2:45 PM	L
Sep 14, 2021	Tue	Regular Season	Troy, Shenendehowa High School @ Christian Brothers Academy, Albany	4:15 PM	5:55 PM	CBA Track	<b>Departure Time:</b> 2:35 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	L
Sep 18, 2021	Sat	Regular Season (Queensbury Adirondack XC Invitational)	Schuylerville, South Glens Falls, Niskayuna High School, Bethlehem High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Albany High School, Greenville, Ballston Spa High School, Shenendehowa High School, Saratoga Springs High School, Schenectady High School, Glens Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 7:45 AM <b>Return Date:</b> <b>Return Time:</b> 12:30 PM	NL
Sep 21, 2021	Tue	Regular Season	Columbia High School, Ballston Spa High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	<b>Departure Time:</b> 2:35 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	L
Sep 28, 2021	Tue	Regular Season 18-20-38-0 L	Albany High School, Burnt Hills-Ballston Lake HS, Saratoga Springs High School	4:15 PM	5:55 PM	The Crossings	<b>Departure Time:</b> 2:45 PM	L
Oct 2, 2021	Sat	Regular Season (Grout Run Invitational)	Johnstown, Queensbury, Albany High School, Shenendehowa High School, Troy, TBD, Greenville @ Schenectady High School	9:00 AM		Central Park	<b>Departure Time:</b> 7:45 AM <b>Return Date:</b> <b>Return Time:</b> 1:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 5, 2021	Tue	Regular Season	Guilderland High School, Averill Park High School	4:15 PM	5:55 PM	The Crossings	<b>Departure Time:</b> 2:45 PM	L
Oct 9, 2021	Sat	Regular Season (Saratoga Invitational at Pitney Farm)	@ Saratoga Springs High School	1:00 PM		Pitney Meadows Community Farm	<b>Departure Time:</b> 11:30 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L
Oct 12, 2021	Tue	Regular Season	Schenectady High School, Colonie High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Departure Time:</b> 2:40 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Oct 13, 2021	Wed	Practice (XC race)	N/A	4:15 PM		Colonie Mohawk River Town Park	<b>Departure Time:</b> 3:15 PM	
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School, South Glens Falls, Queensbury, Niskayuna High School, Ballston Spa High School, Hadley-Luzerne (Corinth/Hadley Luzerne), Greenville, Oneonta, Shenendehowa High School, Christian Brothers Academy, Albany, Oriskany, New Hartford, Saratoga Springs High School, Troy, Johnstown @ Burnt Hills-Ballston Lake HS	9:15 AM	12:00 PM	Saratoga Spa State Park	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 4:00 PM	L
Oct 22, 2021	Fri	Regular Season (Albany Kiwanis Meet)	Albany Academies, Albany High School, Berne-Knox-Westerlo, Bethlehem High School, Christian Brothers Academy, Albany, Cohoes, Guilderland High School, Ravena-Coeymans, Voorheesville, Watervliet @ Colonie High School	3:30 PM	5:15 PM	The Crossings of Colonie	<b>Departure Time:</b> 2:00 PM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park	<b>Departure Time:</b> 11:45 AM <b>Return Date:</b> <b>Return Time:</b> 4:30 PM	NL
Nov 5, 2021	Fri	Post-Season (Section 2 Championships)	TBD	2:00 PM		Saratoga State Park	<b>Departure Time:</b> 11:15 AM <b>Return Date:</b> <b>Return Time:</b> 3:30 PM	L

Date: 2023-09-26