



Shaker High School

(B) V Cross Country

Coaches:

- Dan Bruton, Head 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 3, 2022	Sat	Regular Season (Ekiden)	Schuylerville, Schenectady High School, Rome Free Academy, Queensbury @ Niskayuna High School	9:30 AM	1:00 PM	Iroquois Middle School		L
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 13, 2022	Tue	Regular Season	Niskayuna High School, Ballston Spa High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Time: 2:35 PM Return Date: Return Time: 6:00 PM	L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Ballston Spa High School, Schuylerville, Christian Brothers Academy, Albany, Niskayuna High School, Monroe-Woodbury, Saratoga Springs High School, Colonie High School, Schenectady High School, South Glens Falls, Coxsackie-Athens, Glens Falls, Chittenango, Granville (Granville-Whitehall), Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, North Warren, Albany High School, Maple Hill, Chatham, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:45 AM Return Date: Return Time: 3:30 PM	NL
Sep 20, 2022	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Saratoga Springs High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	Departure Time: 2:35 PM Return Date: Return Time: 6:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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	
Sep 27, 2022	Tue	Regular Season	Averill Park High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Time: 2:35 PM Return Date: Return Time: 6:00 PM	L
Oct 1, 2022	Sat	Regular Season (Grout Run Invitational)	@ Schenectady High School	9:00 AM		Central Park	Departure Time: 7:45 AM Return Date: Return Time: 1:30 PM	L
Oct 8, 2022	Sat	Regular Season (Non-League Saratoga Invitational)	North Warren, Colonie High School, Broadalbin-Perth @ Saratoga Springs High School	9:30 AM		Pitney Meadows Community Farm	Departure Time: 8:00 AM Return Date: Return Time: 1:00 PM	NL
Oct 8, 2022	Sat	Regular Season (Manhattan College Invitational)	TBD	TBD		Van Cortland Park		L
Oct 11, 2022	Tue	Regular Season	Bethlehem High School, Colonie High School @ Schenectady High School	4:30 PM	5:55 PM	Iroquois Middle School, Niskayuna	Departure Time: 2:35 PM Return Date: Return Time: 6:15 PM	L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Saratoga Springs High School, Niskayuna High School, Schenectady High School, South Glens Falls, Granville (Granville-Whitehall), Oneonta, Schuylerville, Guilderland High School, Ballston Spa High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:15 AM Return Date: Return Time: 4:15 PM	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
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	Departure Time: 11:30 AM Return Date: Return Time: 4:30 PM	NL
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: 2023-05-28