



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 2, 2023	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Shenendehowa High School, Albany High School, Queensbury, Troy @ Niskayuna High School	9:00 AM		Iroquois Middle School	Departure Time: 7:30 AM Return Date: Return Time: 12:30 PM	NL
Sep 5, 2023	Tue	Regular Season	Schenectady High School, Christian Brothers Academy, Albany @ Saratoga Springs High School	6:00 PM	7:55 PM	Saratoga Spa State Park	Departure Time: 3:30 PM Return Date: Return Time: 6:45 PM	L
Sep 9, 2023	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 12, 2023	Tue	Regular Season	Averill Park High School, Troy @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Time: 2:25 PM Return Date: Return Time: 6:00 PM	L
Sep 19, 2023	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Albany High School, Columbia High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 2:25 PM	L
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Colonie High School, Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:15 AM Return Date: Return Time: 4:15 PM	NL
Oct 3, 2023	Tue	Regular Season	Shenendehowa High School, Bethlehem High School @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park	Departure Time: 2:25 PM Return Date: Return Time: 6:00 PM	L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Ballston Spa High School, Albany High School @ Schenectady High School	9:00 AM	4:00 PM	Central Park	Departure Time: 7:30 AM Return Date: Return Time: 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2023	Tue	Regular Season	Colonie High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	Departure Time: 2:25 PM Return Date: Return Time: 6:00 PM	L
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invy)	Colonie High School, Granville (Granville-Whitehall), Schuylerville, Johnstown, Edmeston (Edmeston/Morris), Jamesville-Dewitt, Ballston Spa High School, Shenendehowa High School, Albany High School, Troy, Greenville, Queensbury, Scotia-Glenville, Glens Falls @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:00 AM Return Date: Return Time: 4:00 PM	NL
Oct 20, 2023	Fri	Post-Season (Albany County Championship)	TBD	3:00 PM		New Scotland Town Park	Departure Time: 1:45 PM Return Date: Return Time: 6:15 PM	L
Oct 28, 2023	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 4, 2023	Sat	Post-Season (Sectionals)	TBD	8:00 AM		Queensbury High School	Departure Time: 11:00 AM Return Date: Return Time: 3:00 PM	L

Date: 2023-09-30