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
Sep 10, 2024	Tue	Regular Season	Saratoga Springs High School, Christian Brothers Academy, Albany @ Schenectady High School	4:15 PM	5:55 PM	Saratoga State Park	**Departure Time:** 2:15 PM **Return Date:** **Return Time:** 6:15 PM	L
Sep 11, 2024	Wed	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	**Departure Time:** 2:30 PM	
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	**Departure Time:** 7:00 AM **Return Date:** **Return Time:** 3:00 PM	NL
Sep 17, 2024	Tue	Regular Season	Averill Park High School, Guilderland High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park	**Departure Time:** 2:15 PM	L
Sep 18, 2024	Wed	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park		
Sep 24, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	**Departure Time:** 2:15 PM **Return Date:** **Return Time:** 6:30 PM	L
Sep 25, 2024	Wed	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	**Departure Time:** 3:15 PM	
Sep 28, 2024	Sat	Regular Season (Bowdoin Classic)	@ TBD	9:00 AM		Bowdoin Park	**Departure Time:** 6:30 AM **Return Date:** **Return Time:** 3:45 PM	NL
Oct 1, 2024	Tue	Regular Season	Shenendehowa High School, Ballston Spa High School, Bethlehem High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park	**Departure Time:** 2:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 4, 2024	Fri	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	**Departure Time:** 2:30 PM	
Oct 8, 2024	Tue	Regular Season	Niskayuna High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park	**Departure Time:** 2:15 PM	L
Oct 9, 2024	Wed	Practice (Practice)	N/A	3:00 PM		Colonie Mohawk River Town Park	**Departure Time:** 2:30 PM	
Oct 12, 2024	Sat	Regular Season	Lake George, Saratoga Springs High School, Niskayuna High School, Shenendehowa High School, Ballston Spa High School, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	**Departure Time:** 7:00 AM **Return Date:** **Return Time:** 4:30 PM	NL
Oct 15, 2024	Tue	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	**Departure Time:** 2:30 PM	
Oct 18, 2024	Fri	Meet (Albany County Championship Meet)	Vs. Multiple	4:00 PM		Colonie Mohawk River Town Park	**Departure Time:** 2:15 PM	NL
Oct 19, 2024	Sat	Practice	N/A	9:00 AM		Queensbury High School	**Departure Time:** 8:00 AM **Return Date:** **Return Time:** 11:15 AM	
Oct 23, 2024	Wed	Practice	N/A	3:30 PM		Colonie Mohawk River Town Park	**Departure Time:** 2:30 PM	
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	**Departure Time:** 11:15 AM **Return Date:** **Return Time:** 4:30 PM	NL
Nov 2, 2024	Sat	Practice	N/A	9:00 AM		Queensbury High School	**Departure Time:** 8:00 AM **Return Date:** **Return Time:** 11:15 AM	
Nov 9, 2024	Sat	Regular Season (Section 2 Championships)	@ TBD	8:00 AM		Queensbury High School		L

Date: 2024-10-12