



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 2, 2025	Tue	Regular Season	Burnt Hills-Ballston Lake HS @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 2:20 PM Return Date: Return Time: 6:15 PM	L
Sep 5, 2025	Fri	Practice	N/A	3:00 PM		Colonie Mohawk River Town Park	Departure Time: 2:20 PM	
Sep 9, 2025	Tue	Regular Season	Colonie High School, Shenendehowa High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Time: 2:20 PM Return Date: Return Time: 6:15 PM	L
Sep 10, 2025	Wed	Practice	N/A	3:00 PM		Colonie Mohawk River Town Park	Departure Time: 2:40 PM	
Sep 13, 2025	Sat	Regular Season (QBY INVY)	Auburn, Greenville, Lake George, Schenectady High School, Monticello, Niskayuna High School, Vernon-Verona-Sherrill, Our Lady of Lourdes, Christian Brothers Academy, Albany, Colonie High School, Roy C Ketcham/Wappingers JHS, Phoenix, Central Valley Academy, Gloversville, Broadalbin-Perth, Watervliet, Afton (Afton/Harpursville/B-G), Chatham, Amsterdam, Shenendehowa High School, South Lewis, Hudson Falls, TBD @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:00 AM Return Date: Return Time: 12:45 PM	NL
Sep 16, 2025	Tue	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	Departure Time: 2:20 PM Return Date: Return Time: 6:15 PM	L
Sep 19, 2025	Fri	Practice	N/A	3:00 PM		Colonie Mohawk River Town Park	Departure Time: 2:20 PM	
Sep 23, 2025	Tue	Practice	N/A	3:15 PM		Colonie Mohawk River Town Park	Departure Time: 2:30 PM	
Sep 26, 2025	Fri	Regular Season (Bowdoin Classic)	@ TBD	3:00 PM		Bowdoin Park	Departure Time: 1:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 27, 2025	Sat	Regular Season (Bowdoin Classic)	@ TBD	9:00 AM		Bowdoin Park	Departure Time: 5:30 AM	NL
Sep 30, 2025	Tue	Regular Season	Averill Park High School, Columbia High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park	Departure Time: 2:20 PM	L
Oct 3, 2025	Fri	Practice	N/A	3:00 PM		Colonie Mohawk River Town Park	Departure Time: 2:20 PM	
Oct 7, 2025	Tue	Regular Season 27-0-0-35-21 L	TBD, Niskayuna High School, Schenectady High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 2:20 PM Return Date: Return Time: 6:15 PM	L
Oct 11, 2025	Sat	Regular Season (Manhattan University XC Invitational)	@ TBD	9:00 AM		Manhattan University		NL
Oct 11, 2025	Sat	Regular Season (Cross country invy)	Niskayuna High School, Lake George, Greenville, Schuylerville, Cato-Meridian (Blue Devils), Ballston Spa High School, Baldwinsville, Christian Brothers Academy, Albany, Gloversville, Oneonta, Little Falls, Vernon-Verona-Sherrill, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM	3:25 PM	Saratoga Spa State Park	Departure Time: 7:00 AM Return Date: Return Time: 4:00 PM	NL
Oct 14, 2025	Tue	Practice	N/A	3:00 PM		Colonie Mohawk River Town Park	Departure Time: 2:40 PM	
Oct 17, 2025	Fri	Post-Season (Albany County Championship)	@ TBD	3:00 PM		Colonie Mohawk River Town Park	Departure Time: 1:50 PM	L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:25 PM	Saratoga Spa State Park	Departure Time: 11:15 AM Return Date: Return Time: 4:15 PM	NL
Nov 1, 2025	Sat	Practice	N/A	9:00 AM		Queensbury High School	Departure Time: 8:00 AM Return Date: Return Time: 11:15 AM	
Nov 8, 2025	Sat	Post-Season (Sectionals)	@ TBD	9:00 AM		Queensbury High School	Departure Time: 11:15 AM Return Date: Return Time: 3:30 PM	L
Nov 15, 2025	Sat	Post-Season (State Championships)	@ TBD	9:00 AM		Queensbury High School	Departure Time: 10:00 AM Return Date: Return Time: 2:30 PM	L
Nov 22, 2025	Sat	Post-Season (NYS Federations)	@ TBD	10:00 AM		Bowdoin Park		L

Date: 2025-12-20