



Shaker High School

(B) MOD9 Cross Country

Coaches:

- Sean Alvarado, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 20, 2023	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Albany High School, Columbia High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park	Departure Time: 3:10 PM	L
Oct 21, 2023	Sat	Practice	N/A	8:00 AM		Saratoga State Park	Departure Time: 7:00 AM Return Date: Return Time: 10:30 AM	

Date: 2024-05-18