



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: 2024-05-04