



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 26, 2018 | Wed | Regular Season | Shenendehowa High School, Averill Park High School, Niskayuna High School (Modified) | 4:15 PM | | TBD | | L |
| Oct 3, 2018 | Wed | Regular Season | Averill Park High School, Christian Brothers Academy, Albany @ Colonie High School | 4:15 PM | | Sand Creek MS Track | | L |
| Oct 10, 2018 | Wed | Regular Season | Saratoga Springs High School, Averill Park High School, Schenectady High School (Modified) @ Burnt Hills-Ballston Lake HS | 4:15 PM | | Saratoga Spa State Park | | L |
| Oct 17, 2018 | Wed | Regular Season | Guilderland High School, Bethlehem High School @ Christian Brothers Academy, Albany | 4:15 PM | | CBA Track | | L |
| Oct 30, 2018 | Tue | Meet (SSC Championships) | Vs. Multiple | 4:00 PM | | Saratoga Spa State Park | | NL |

Date: 2026-01-10