



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 7, 2019	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 11, 2019	Wed	Regular Season	Colonie High School @ Albany High School	4:15 PM	5:55 PM	Washington Park		L
Sep 14, 2019	Sat	Meet (Queensbury XC Invitational)	Vs. Multiple	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 18, 2019	Wed	Regular Season	Shenendehowa High School, Niskayuna High School (Modified) @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 21, 2019	Sat	Regular Season (Invitational)	Oriskany, Schenectady High School (Modified) @ Guilderland High School	9:00 AM	4:00 PM	Tawasentha Park		NL
Sep 25, 2019	Wed	Regular Season	Schenectady High School (Modified), Guilderland High School, Ballston Spa High School	4:15 PM	6:00 PM	Colonie Town Park		L
Oct 3, 2019	Thu	Regular Season	Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Colonie Mohawk River Town Park		L
Oct 5, 2019	Sat	Meet (Grout Run)	Vs. Multiple	9:00 AM		Central Park		NL
Oct 16, 2019	Wed	Regular Season	Christian Brothers Academy, Albany, Averill Park High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park		L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL

Date: 2026-01-11