



# 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 10, 2021	Fri	Regular Season (Springstead Invitational)	TBD	4:00 PM		The Crossings		L
Sep 18, 2021	Sat	Regular Season (Queensbury 17th Annual Adirondack Cross Country Invitational)	Ballston Spa High School, Saratoga Springs High School, Greenville, Glens Falls @ TBD	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 7:15 AM <b>Return Date:</b> <b>Return Time:</b> 10:15 AM	NL
Sep 22, 2021	Wed	Regular Season	Ballston Spa High School @ Niskayuna High School (Modified)	5:00 PM	5:55 PM	Iroquois Middle School	<b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Sep 29, 2021	Wed	Regular Season	Albany High School, Burnt Hills-Ballston Lake HS, Saratoga Springs High School	5:00 PM		TBD		L
Oct 2, 2021	Sat	Regular Season (Grout Run Invitational)	@ Schenectady High School (Modified)	9:00 AM		Central Park	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 10:30 AM	L
Oct 6, 2021	Wed	Regular Season	Guilderland High School, Averill Park High School	5:00 PM	6:15 PM	Shaker Middle School		L
Oct 13, 2021	Wed	Regular Season	Schenectady High School (Modified), Colonie High School @ Bethlehem High School	5:00 PM	5:55 PM	Elm Avenue Park	<b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Oct 16, 2021	Sat	Regular Season (Burnt Hills Invy)	Schenectady High School (Modified), South Glens Falls, Queensbury, Ballston Spa High School, Saratoga Springs High School, TBD @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Departure Time:</b> 8:30 AM <b>Return Date:</b> <b>Return Time:</b> 11:15 AM	L
Oct 20, 2021	Wed	Regular Season	Shenendehowa High School @ Christian Brothers Academy, Albany	5:00 PM	5:55 PM	CBA Track	<b>Departure Time:</b> 3:45 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	12:00 PM	2:55 PM	Saratoga Spa State Park	<b>Departure Time:</b> 11:15 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	NL

Date: 2026-01-19