



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, 2022	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		The Crossings		NL
Sep 14, 2022	Wed	Regular Season	Niskayuna High School (Modified), Ballston Spa High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Christian Brothers Academy, Albany, Schuylerville, South Glens Falls, Glens Falls, Saratoga Springs High School, Ballston Spa High School, Maple Hill @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:30 PM Return Date: Return Time: 12:00 PM	L
Sep 21, 2022	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Saratoga Springs High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	L
Sep 28, 2022	Wed	Regular Season	Averill Park High School @ Guilderland High School	4:30 PM	5:55 PM	Tawasentha Park	Departure Time: 3:10 PM Return Date: Return Time: 5:15 PM	L
Oct 1, 2022	Sat	Regular Season (Grout Run Invitational)	Ballston Spa High School, Guilderland High School @ Schenectady High School (Modified)	9:00 AM	10:00 AM	Central Park	Departure Time: 7:15 AM Return Date: Return Time: 10:00 AM	L
Oct 12, 2022	Wed	Regular Season	Bethlehem High School, Colonie High School @ Schenectady High School (Modified)	4:30 PM	5:55 PM	Central Park	Departure Time: 3:10 PM Return Date: Return Time: 5:15 PM	L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invitational)	Schenectady High School (Modified), Saratoga Springs High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:30 AM Return Date: Return Time: 10:00 AM	L
Oct 19, 2022	Wed	Regular Season	Christian Brothers Academy, Albany, Shenendehowa High School	4:30 PM		Shaker High School		L
Oct 22, 2022	Sat	Practice	N/A	9:00 AM		Saratoga State Park	Departure Time: 8:00 AM Return Date: Return Time: 11:00 AM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park	Departure Time: 7:30 AM Return Date: Return Time: 12:00 PM	NL

Date: 2024-05-03