



# Shaker High School

## (B) MOD9 Cross Country

### Coaches:

- Sean Alvarado, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / 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	<b>Departure Time:</b> 3:10 PM <b>Return Date:</b> L <b>Return Time:</b> 5:30 PM
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	<b>Departure Time:</b> 7:30 PM <b>Return Date:</b> L <b>Return Time:</b> 12:00 PM
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	<b>Departure Time:</b> 3:10 PM <b>Return Date:</b> L <b>Return Time:</b> 5:30 PM
Sep 28, 2022	Wed	Regular Season	Averill Park High School @ Guilderland High School	4:30 PM	5:55 PM	Tawasentha Park	<b>Departure Time:</b> 3:10 PM <b>Return Date:</b> L <b>Return Time:</b> 5:15 PM
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	<b>Departure Time:</b> 7:15 AM <b>Return Date:</b> L <b>Return Time:</b> 10:00 AM
Oct 12, 2022	Wed	Regular Season	Bethlehem High School, Colonie High School @ Schenectady High School (Modified)	4:30 PM	5:55 PM	Central Park	<b>Departure Time:</b> 3:10 PM <b>Return Date:</b> L <b>Return Time:</b> 5:15 PM
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	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> L <b>Return Time:</b> 10:00 AM
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	<b>Departure Time:</b> 8:00 AM <b>Return Date:</b> L <b>Return Time:</b> 11:00 AM

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

Date: 2026-01-19