



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 9, 2023	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 20, 2023	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Albany High School, Columbia High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park	Departure Time: 3:10 PM	L
Sep 23, 2023	Sat	Regular Season (Queensbury invitational)	Amsterdam, Schenectady High School (Modified), Schuylerville, Maple Hill, Greenville, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 7:00 AM Return Date: Return Time: 10:15 AM	L
Sep 27, 2023	Wed	Regular Season	Schenectady High School (Modified), Christian Brothers Academy, Albany @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park	Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	L
Oct 4, 2023	Wed	Regular Season	Shenendehowa High School, Bethlehem High School @ Ballston Spa High School	4:30 PM	6:10 PM	Ballston Spa Track	Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Albany High School, Ballston Spa High School @ Schenectady High School (Modified)	9:00 AM	1:30 PM	Central Park	Departure Time: 7:15 AM Return Date: Return Time: 10:15 AM	L
Oct 11, 2023	Wed	Regular Season	Colonie High School @ Niskayuna High School (Modified)	4:30 PM	6:10 PM	Iroquois Middle School	Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	L
Oct 14, 2023	Sat	Regular Season (4th Annual Burnt Hills CC Invitational)	Schuylerville, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:00 AM Return Date: Return Time: 10:15 AM	NL
Oct 18, 2023	Wed	Regular Season	Averill Park High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park	Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	L
Oct 21, 2023	Sat	Practice	N/A	8:00 AM		Saratoga State Park	Departure Time: 7:00 AM Return Date: Return Time: 10:30 AM	
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park	Departure Time: 6:30 AM Return Date: Return Time: 10:10 AM	NL

