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 14, 2024	Sat	Regular Season (Queensbury Invy)	Saratoga Springs High School, Schuylerville, Greenville, Maple Hill, Broadalbin-Perth, Scotia-Glenville, Schenectady High School (Modified), Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	**Departure Time:** 7:00 AM **Return Date: Return Time:** 10:00 AM	NL
Sep 18, 2024	Wed	Regular Season	Averill Park High School, Guilderland High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park	**Departure Time:** 3:15 PM	L
Sep 25, 2024	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School @ Albany High School	4:30 PM	6:10 PM	Capital Hills Golf Course	**Departure Time:** 3:15 PM **Return Date: Return Time:** 5:15 PM	L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	@ Schenectady High School (Modified)	9:00 AM		Central Park	**Departure Time:** 6:45 AM **Return Date: Return Time:** 10:00 AM	L
Oct 9, 2024	Wed	Regular Season	Niskayuna High School (Modified) @ Colonie High School	4:30 PM	6:10 PM	Colonie Town Park	**Departure Time:** 3:15 PM	L
Oct 12, 2024	Sat	Regular Season	Saratoga Springs High School, Ballston Spa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	**Departure Time:** 7:00 AM **Return Date: Return Time:** 10:00 AM	NL
Oct 16, 2024	Wed	Regular Season	Saratoga Springs High School, Christian Brothers Academy, Albany @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park	**Departure Time:** 3:15 PM **Return Date: Return Time:** 5:15 PM	L
Oct 22, 2024	Tue	Regular Season	Shenendehowa High School, Ballston Spa High School, Bethlehem High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park	**Departure Time:** 3:15 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	10:00 AM		Saratoga Spa State Park	**Departure Time:** 7:00 AM **Return Date: Return Time:** 10:45 AM	NL

Date: 2026-01-20