



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 13, 2025	Sat	Regular Season (QBY Invy)	Christian Brothers Academy, Albany, Schenectady High School (Modified), Amsterdam, Greenville, South Lewis, Hudson Falls @ Queensbury	8:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 6:45 AM Return Date: Return Time: 10:15 AM	L
Sep 17, 2025	Wed	Regular Season	Bethlehem High School, Christian Brothers Academy, Albany @ Albany High School	4:30 PM	6:10 PM	Westland Hills Park Zoar Ave. Albany, NY 12201	Departure Point: SMS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	L
Sep 24, 2025	Wed	Regular Season	Colonie High School, Shenendehowa High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park	Departure Point: SMS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	L
Oct 4, 2025	Sat	Regular Season (Grout Run Invitational)	Christian Brothers Academy, Albany @ Schenectady High School (Modified)	9:00 AM	2:00 PM	Central Park	Departure Point: SMS Departure Time: 7:00 AM Return Date: Return Time: 10:15 AM	L
Oct 8, 2025	Wed	Regular Season	Niskayuna High School (Modified), Schenectady High School (Modified) @ Saratoga Springs High School	4:30 PM	6:10 PM	Saratoga Spa State Park	Departure Point: SMS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	L
Oct 11, 2025	Sat	Regular Season	Ballston Spa High School @ Burnt Hills-Ballston Lake HS	9:00 AM	5:00 PM	Saratoga Spa State Park	Departure Point: SMS Departure Time: 7:30 AM Return Date: Return Time: 11:15 AM	L
Oct 15, 2025	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Ballston Spa High School	4:30 PM	6:10 PM	Luther Forest	Departure Point: SMS Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	L
Oct 22, 2025	Wed	Regular Season	Averill Park High School, Columbia High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park	Departure Point: SMS Departure Time: 7:00 AM Return Date: Return Time: 11:00 AM	NL

Date: 2026-01-20