



Shaker High School

(G) MOD9 Cross Country

Coaches:

- Jason Stone, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 24, 2018	Mon	Practice	N/A	TBD		Colonie Mohawk River Town Park	Departure Point: SJHS Departure Time: 2:45 PM	
Sep 26, 2018	Wed	Regular Season	Niskayuna High School (Modified), Shenendehowa High School, Averill Park High School	4:15 PM		Colonie Mohawk River Town Park	Departure Point: SJHS Departure Time: 2:45 PM	L
Oct 3, 2018	Wed	Regular Season	Averill Park High School @ Colonie High School	4:15 PM		Sand Creek MS Track	Departure Point: SJHS Departure Time: 2:45 PM Return Date: Return Time: 5:30 PM	L
Oct 10, 2018	Wed	Regular Season	Saratoga Springs High School, Averill Park High School, Schenectady High School (Modified) @ Burnt Hills-Ballston Lake HS	4:15 PM		Saratoga Spa State Park	Departure Point: SJHS Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	L
Oct 17, 2018	Wed	Regular Season	Bethlehem High School @ Guilderland High School	4:15 PM		CBA, Albany	Departure Point: SJHS Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM	L
Oct 30, 2018	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM		Saratoga Spa State Park	Departure Point: SJHS Departure Time: 3:00 PM Return Date: Return Time: 5:30 PM	NL

Date: 2026-01-04