



# 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	<b>Departure Point:</b> SJHS <b>Departure Time:</b> 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	<b>Departure Point:</b> SJHS <b>Departure Time:</b> 2:45 PM	L
Oct 3, 2018	Wed	Regular Season	Averill Park High School @ Colonie High School	4:15 PM		Sand Creek MS Track	<b>Departure Point:</b> SJHS <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 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	<b>Departure Point:</b> SJHS <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 5:00 PM	L
Oct 17, 2018	Wed	Regular Season	Bethlehem High School @ Guilderland High School	4:15 PM		CBA, Albany	<b>Departure Point:</b> SJHS <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 5:00 PM	L
Oct 30, 2018	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM		Saratoga Spa State Park	<b>Departure Point:</b> SJHS <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	NL

Date: 2026-01-08