



Shaker High School

(G) MOD9 Cross Country

Coaches:

- Heather Daniels, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2022	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		The Crossings		NL
Sep 14, 2022	Wed	Regular Season	Niskayuna High School (Modified), Ballston Spa High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Schuylerville, South Glens Falls, Saratoga Springs High School, Glens Falls, Ballston Spa High School, Maple Hill @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		L
Sep 21, 2022	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Saratoga Springs High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course		L
Sep 28, 2022	Wed	Regular Season	Averill Park High School @ Guilderland High School	4:30 PM	5:55 PM	Tawasentha Park		L
Oct 1, 2022	Sat	Regular Season (Grout Run Invitational)	Ballston Spa High School, Guilderland High School @ Schenectady High School (Modified)	9:00 AM	10:00 AM	Central Park		L
Oct 12, 2022	Wed	Regular Season	Bethlehem High School, Colonie High School @ Schenectady High School (Modified)	4:30 PM	5:55 PM	Central Park		L
Oct 15, 2022	Sat	Regular Season	Ballston Spa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		L
Oct 19, 2022	Wed	Regular Season	Shenendehowa High School	4:30 PM		Shaker High School		L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park		NL

Date: 2024-05-08