



# Schenectady High School

## (G) V Cross Country

### Coaches:

- Richard DeCarr

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Ekiden )	Schuylerville @ Niskayuna High School	9:30 AM		Iroquois Middle School		NL
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> SHS <b>Departure Time:</b> 6:45 AM	NL
Sep 17, 2024	Tue	Regular Season	Shenendehowa High School, Colonie High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 2:15 PM	L
Sep 24, 2024	Tue	Regular Season	Bethlehem High School, Guilderland High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School	<b>Departure Point:</b> SHS <b>Departure Time:</b> 3:00 PM	L
Sep 28, 2024	Sat	Regular Season (EJ Hermann Invitational)	@ TBD	9:00 AM	2:00 PM	Proctor Park, Utica NY	<b>Departure Point:</b> SHS <b>Departure Time:</b> 6:30 AM	L
Oct 1, 2024	Tue	Regular Season	Albany High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 2:15 PM	L
Oct 13, 2024	Sun	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM	4:00 PM	Van Cortland Park, Bronx, NY	<b>Departure Point:</b> SHS <b>Departure Time:</b> 5:00 AM	NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	<b>Departure Point:</b> SHS <b>Departure Time:</b> 11:30 AM	NL

Date: 2024-08-16