



Schenectady High School

(B) V Cross Country

Coaches:

- Ed Menis, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2022	Sat	Regular Season (Ekiden)	Schuylerville, Rome Free Academy, Shaker High School, Queensbury @ Niskayuna High School	9:30 AM	1:00 PM	Iroquois Middle School		L
Sep 6, 2022	Tue	Regular Season	Albany High School, Columbia High School, Guilderland High School	4:30 PM	5:55 PM	Iroquois Middle School, Niskayuna	Departure Point: SHS Departure Time: 3:00 PM	L
Sep 10, 2022	Sat	Regular Season	@ Voorheesville	9:00 AM		Wallace Park	Departure Point: SHS Departure Time: 7:00 AM	NL
Sep 14, 2022	Wed	Regular Season	Averill Park High School, Saratoga Springs High School @ Christian Brothers Academy, Albany	4:30 PM		The Crossings of Colonie		L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Ballston Spa High School, Schuylerville, Christian Brothers Academy, Albany, Niskayuna High School, Monroe-Woodbury, Saratoga Springs High School, Colonie High School, South Glens Falls, Coxsackie-Athens, Glens Falls, Chittenango, Granville (Granville-Whitehall-Hartford), Shaker High School, Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, North Warren, Albany High School, Maple Hill, Chatham, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 20, 2022	Tue	Regular Season	Troy @ Ballston Spa High School	4:15 PM	5:55 PM	Saratoga State Park	Departure Point: SHS Departure Time: 3:00 PM	L
Sep 27, 2022	Tue	Regular Season	Niskayuna High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Point: SHS Departure Time: 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2022	Sat	Regular Season (83rd Annual Grout Cross Country Invitational)	Schuylerville	9:00 AM		Central Park		L
Oct 1, 2022	Sat	Regular Season (Grout Run Invitational)	Shaker High School	9:00 AM		Central Park		L
Oct 8, 2022	Sat	Regular Season (Manhattan College Invitational)	@ TBD	9:00 AM		Manhattan College	Departure Point: SHS Departure Time: 5:00 AM	NL
Oct 11, 2022	Tue	Regular Season	Bethlehem High School, Shaker High School, Colonie High School	4:30 PM	5:55 PM	Iroquois Middle School, Niskayuna	Departure Point: SHS Departure Time: 3:00 PM	L
Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Saratoga Springs High School, Niskayuna High School, South Glens Falls, Granville (Granville-Whitehall-Hartford), Oneonta, Schuylerville, Shaker High School, Guilderland High School, Ballston Spa High School, Queensbury, Colonie High School, Albany High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Point: SHS Departure Time: 7:00 AM	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park	Departure Point: SHS Departure Time: 7:30 AM	NL

Date: 2024-07-17