



Schenectady High School

(G) MOD9 Cross Country (Modified)

Coaches:

- Ella Sabatino

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---|------------|----------|--------------------------------|---|---------------------|
| Sep 11, 2019 | Wed | Regular Season | Saratoga Springs High School | 4:45 PM | 5:55 PM | Central Park | | L |
| Sep 14, 2019 | Sat | Meet (Queensbury Meet) | Vs. Multiple | 9:00 AM | 2:30 PM | TBD | Departure Time: 7:00 AM | NL |
| Sep 18, 2019 | Wed | Regular Season | @ Averill Park High School | 4:15 PM | 5:55 PM | APHS Cross Country Course | Departure Time: 3:00 PM | L |
| Sep 21, 2019 | Sat | Regular Season (Invitational) | Oriskany, Shaker High School @ Guilderland High School | 9:00 AM | 1:00 PM | Tawasentha Park | | NL |
| Sep 25, 2019 | Wed | Regular Season | Ballston Spa High School, Guilderland High School @ Shaker High School | 4:15 PM | 6:00 PM | Colonie Mohawk River Town Park | Departure Time: 3:00 PM | L |
| Oct 1, 2019 | Tue | Regular Season | Colonie High School, Niskayuna High School (Modified) @ Bethlehem High School | 4:15 PM | 5:55 PM | Elm Avenue Park | Departure Time: 3:00 PM | L |
| Oct 5, 2019 | Sat | Regular Season (Grout Run) | Colonie High School | 9:00 AM | | Central Park | | L |
| Oct 5, 2019 | Sat | Regular Season (Schenectady Grout Run) | Stillwater | 9:00 AM | | Central Park | | NL |
| Oct 5, 2019 | Sat | Meet (Grout Run) | Vs. Multiple | 9:00 AM | | Central Park | | NL |
| Oct 16, 2019 | Wed | Regular Season | Burnt Hills-Ballston Lake HS, Albany High School @ Shenendehowa High School | 4:15 PM | 5:55 PM | Shen Cross Country Trail | Departure Time: 3:00 PM | L |
| Oct 26, 2019 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | Departure Time: 8:00 AM Return Date: Return Time: 4:30 PM | NL |

Date: 2024-08-22