



Shenendehowa High School

(B) MOD9 Cross Country

Coaches:

- Michael Silvignoli

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2019	Wed	Regular Season	Bethlehem High School, Ballston Spa High School	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Sep 18, 2019	Wed	Regular Season	Shaker High School, Niskayuna High School (Modified) @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 25, 2019	Wed	Regular Season	Averill Park High School @ Colonie High School	4:15 PM	5:55 PM	Sand Creek MS Track		L
Oct 3, 2019	Thu	Regular Season	Christian Brothers Academy, Albany @ Guilderland High School	4:15 PM		Tawasentha Park		L
Oct 16, 2019	Wed	Regular Season	Schenectady High School (Modified), Burnt Hills-Ballston Lake HS, Albany High School	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL

Date: 2024-12-02