



Shaker High School

(G) V Cross Country

Coaches:

- Keith Weiss, Head Coach
- Jenny DeBellis, Asst Coach
- Erin Gregory, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2024	Tue	Regular Season	Saratoga Springs High School @ Schenectady High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna		L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 17, 2024	Tue	Regular Season	Averill Park High School, Guilderland High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park		L
Sep 24, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course		L
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	8:00 AM		Genesee Valley Park		NL
Sep 28, 2024	Sat	Regular Season (Bowdoin Classic)	@ TBD	9:00 AM		Bowdoin Park		NL
Oct 1, 2024	Tue	Regular Season	Shenendehowa High School, Ballston Spa High School, Bethlehem High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park		L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	@ Schenectady High School	9:00 AM		Central Park		L
Oct 8, 2024	Tue	Regular Season	Niskayuna High School @ Colonie High School	4:15 PM	5:55 PM	Colonie Town Park		L
Oct 12, 2024	Sat	Regular Season	Lake George, Niskayuna High School, Shenendehowa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL
Oct 18, 2024	Fri	Meet (Albany County Championship Meet)	Vs. Multiple	4:00 PM		Colonie Mohawk River Town Park		NL
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL
Nov 9, 2024	Sat	Regular Season (Section 2 Championships)	@ TBD	8:00 AM		Queensbury High School		L

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Date: 2024-08-17