



# Shaker High School

## (B) MOD9 Cross Country

### Coaches:

- Sean Alvarado, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 25, 2024	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School @ Albany High School	4:30 PM	6:10 PM	Capital Hills Golf Course		L
Oct 9, 2024	Wed	Regular Season	Niskayuna High School (Modified) @ Colonie High School	4:30 PM	6:10 PM	TBD		L
Oct 16, 2024	Wed	Regular Season	Saratoga Springs High School, Christian Brothers Academy, Albany @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM		Saratoga Spa State Park		NL

Date: 2024-07-19