



Shaker High School

(G) MOD9 Cross Country

Coaches:

- Jason Stone, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------|---|------------|----------|--------------------------------|--|---------------------|
| Sep 24, 2018 | Mon | Practice | N/A | | TBD | Colonie Mohawk River Town Park | Departure Point: SJHS Departure Time: 2:45 PM | |
| Sep 26, 2018 | Wed | Regular Season | Niskayuna High School (Modified), Shenendehowa High School, Averill Park High School | 4:15 PM | | Colonie Mohawk River Town Park | Departure Point: SJHS Departure Time: 2:45 PM | L |
| Oct 3, 2018 | Wed | Regular Season | Averill Park High School @ Colonie High School | 4:15 PM | | Sand Creek MS Track | Departure Point: SJHS Departure Time: 2:45 PM Return Date: Return Time: 5:30 PM | L |
| Oct 10, 2018 | Wed | Regular Season | Saratoga Springs High School, Averill Park High School, Schenectady High School (Modified) @ Burnt Hills-Ballston Lake HS | 4:15 PM | | Saratoga Spa State Park | Departure Point: SJHS Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM | L |
| Oct 17, 2018 | Wed | Regular Season | Bethlehem High School @ Guilderland High School | 4:15 PM | | CBA, Albany | Departure Point: SJHS Departure Time: 2:45 PM Return Date: Return Time: 5:00 PM | L |
| Oct 30, 2018 | Tue | Meet (SSC Championships) | Vs. Multiple | 4:00 PM | | Saratoga Spa State Park | Departure Point: SJHS Departure Time: 3:00 PM Return Date: Return Time: 5:30 PM | NL |

Date: 2024-10-28