



Colonie High School

(G) V Cross Country

Coaches:

- Frank Myers, Head Coach
- MaryAnn Reilly-Johnson, Asst Coach
- Michael Caccuitto, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2023	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Shaker High School, Queensbury, Shenendehowa High School, Albany High School @ Niskayuna High School	9:00 AM		Iroquois Middle School		NL
Sep 5, 2023	Tue	Regular Season	Albany High School, Troy @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park		L
Sep 9, 2023	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 12, 2023	Tue	Regular Season	Shenendehowa High School, Schenectady High School, Columbia High School	4:15 PM	5:55 PM	Colonie Town Park		L
Sep 16, 2023	Sat	Regular Season (Tartan Invitational)	@ Scotia-Glenville	TBD		Indian Meadows	Departure Point: High School	L
Sep 19, 2023	Tue	Regular Season	Saratoga Springs High School, Ballston Spa High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park		L
Sep 30, 2023	Sat	Regular Season (NYS Nighttime Showcase @Twin Ponds on a Farm - Montgomery, NY)	@ TBD	6:00 PM		TBD	Departure Point: High School	L
Oct 3, 2023	Tue	Regular Season	Burnt Hills-Ballston Lake HS @ Guilderland High School	4:15 PM	5:55 PM	Colonie Town Park		L
Oct 7, 2023	Sat	Regular Season (Grout Run Invitational)	Amsterdam, Shaker High School, Albany High School @ Schenectady High School	9:00 AM	4:00 PM	Central Park		L
Oct 10, 2023	Tue	Regular Season	Shaker High School @ Niskayuna High School	4:15 PM	5:55 PM	Colonie Town Park		L
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invitational)	Jamesville-Dewitt, Schuylerville, Granville (Granville-Whitehall-Hartford), Johnstown, Edmeston (Edmeston/Morris), Shaker High School, Ballston Spa High School, Shenendehowa High School, Albany High School, Scotia-Glenville, Greenville, Queensbury, Troy, Glens Falls @ Burnt Hills-Ballston Lake HS	8:00 AM		Saratoga Spa State Park		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		NL

Date: 2024-05-05