



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 |
|--------------|----------|--|--|------------|----------|--------------------------------|---|---------------------|
| Aug 22, 2018 | Wed | Practice (Preseason Practice) | N/A | 8:30 AM | | Saratoga State Park | Departure Point: Sand Creek MS Departure Time: 8:00 AM | |
| Sep 1, 2018 | Sat | Regular Season (Niskayuna Ekiden Invitational) | @ Niskayuna High School | 9:30 AM | | Iroquois Middle School | Departure Time: 7:45 AM | NL |
| Sep 4, 2018 | Tue | Regular Season | Niskayuna High School, Saratoga Springs High School @ Shenendehowa High School | 6:15 PM | | Saratoga Spa State Park | Departure Point: High School Departure Time: 3:45 PM | L |
| Sep 7, 2018 | Fri | Regular Season (Shaker Invitational) | @ Shaker High School | 4:00 PM | | Colonie Mohawk River Town Park | Departure Point: High School Departure Time: 2:30 PM | L |
| Sep 11, 2018 | Tue | Regular Season | Troy, Ballston Spa High School @ Bethlehem High School | 4:15 PM | | Elm Avenue Park | Departure Point: High School Departure Time: 2:30 PM | L |
| Sep 15, 2018 | Sat | Regular Season (Fort Plain Invitational) | @ Fort Plain | 9:20 AM | | Fort Plain HS | Departure Point: High School Departure Time: 6:45 AM | NL |
| Sep 18, 2018 | Tue | Practice (Practice) | N/A | 3:15 PM | | SUNY Albany | Departure Point: High School Departure Time: 2:45 PM | |
| Sep 22, 2018 | Sat | Regular Season (Tartan Invitational) | @ Scotia-Glenville | 9:00 AM | | Indian Meadows | Departure Point: High School Departure Time: 7:00 AM | L |
| Sep 25, 2018 | Tue | Regular Season | Albany High School, Schenectady High School | 4:15 PM | | The Crossings of Colonie | Departure Point: High School Departure Time: 3:00 PM | L |
| Sep 29, 2018 | Sat | Regular Season (Galway Invitational) | Galway | 9:00 AM | | Bob's Tree Farm | Departure Point: High School Departure Time: 7:00 AM | NL |
| Oct 3, 2018 | Wed | Regular Season | Columbia High School, Burnt Hills-Ballston Lake HS @ Guilderland High School | 4:15 PM | | Tawasentha Park | Departure Point: High School Departure Time: 2:45 PM | L |
| Oct 6, 2018 | Sat | Regular Season (Grout Run) | @ Schenectady High School | 9:00 AM | | Central Park | Departure Point: High School Departure Time: 7:00 AM | NL |
| Oct 9, 2018 | Tue | Regular Season | Averill Park High School @ Shaker High School | 4:15 PM | | Colonie Mohawk River Town Park | Departure Point: High School Departure Time: 2:30 PM | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|---|--------------------|------------|----------|---|---|---------------------|
| Oct 13, 2018 | Sat | Regular Season (Burnt Hills Invitational) | @ TBD | 9:00 AM | | Saratoga State Park | Departure Point: High School Departure Time: 7:15 AM | L |
| Oct 19, 2018 | Fri | Regular Season (Albany Kiwanis Meet) | Albany High School | 3:45 PM | | Colonie Town Park | Departure Point: High School Departure Time: 2:30 PM | L |
| Oct 20, 2018 | Sat | Regular Season (Northeast Cross Country Championship) | TBD | 9:00 AM | | Brown University 235 Hope Street Providence, RI - Goddard State Park | Departure Point: High School Departure Time: 4:15 PM | NL |
| POSTPONED Oct 27, 2018 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:30 PM | | Saratoga Spa State Park | Departure Point: High School Departure Time: 2:00 PM | NL |
| Nov 2, 2018 | Fri | Regular Season (Section 2 Championships) | @ TBD | 11:00 AM | | Saratoga State Park | Departure Point: High School Departure Time: 9:15 AM | L |

Date: 2024-05-29