



# 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	<b>Departure Point:</b> Sand Creek MS <b>Departure Time:</b> 8:00 AM	
Sep 1, 2018	Sat	Regular Season (Niskayuna Ekiden Invitational)	@ Niskayuna High School	9:30 AM		Iroquois Middle School	<b>Departure Time:</b> 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	<b>Departure Point:</b> High School <b>Departure Time:</b> 3:45 PM	L
Sep 7, 2018	Fri	Regular Season (Shaker Invitational)	@ Shaker High School	4:00 PM		Colonie Mohawk River Town Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	L
Sep 11, 2018	Tue	Regular Season	Troy, Ballston Spa High School @ Bethlehem High School	4:15 PM		Elm Avenue Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	L
Sep 15, 2018	Sat	Regular Season (Fort Plain Invitational)	@ Fort Plain	9:20 AM		Fort Plain HS	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:45 AM	NL
Sep 18, 2018	Tue	Practice (Practice)	N/A	3:15 PM		SUNY Albany	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:45 PM	
Sep 22, 2018	Sat	Regular Season (Tartan Invitational)	@ Scotia-Glenville	9:00 AM		Indian Meadows	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:00 AM	L
Sep 25, 2018	Tue	Regular Season	Albany High School, Schenectady High School	4:15 PM		The Crossings of Colonie	<b>Departure Point:</b> High School <b>Departure Time:</b> 3:00 PM	L
Sep 29, 2018	Sat	Regular Season (Galway Invitational)	Galway	9:00 AM		Bob's Tree Farm	<b>Departure Point:</b> High School <b>Departure Time:</b> 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	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:45 PM	L
Oct 6, 2018	Sat	Regular Season (Grout Run)	@ Schenectady High School	9:00 AM		Central Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 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	<b>Departure Point:</b> High School <b>Departure Time:</b> 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	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:15 AM	L
Oct 19, 2018	Fri	Regular Season (Albany Kiwanis Meet)	Albany High School	3:45 PM		Colonie Town Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 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	<b>Departure Point:</b> High School <b>Departure Time:</b> 4:15 PM	NL
POSTPONED Oct 27, 2018	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:00 PM	NL
Nov 2, 2018	Fri	Regular Season (Section 2 Championships)	@ TBD	11:00 AM		Saratoga State Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 9:15 AM	L

Date: 2024-05-16