



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 27, 2019	Tue	Practice (Preseason Practice)	N/A	10:00 AM		Colonie Town Park	Departure Point: High School Departure Time: 9:15 AM	
Aug 31, 2019	Sat	Regular Season (Niskayuna Ekiden)	@ Niskayuna High School	9:30 AM		Iroquois Middle School	Departure Point: High School Departure Time: 8:15 AM Return Date: Return Time: 12:00 PM	L
Sep 7, 2019	Sat	Regular Season (Shaker Invitational)	@ Shaker High School	9:00 AM		Colonie Mohawk River Town Park	Departure Point: High School Departure Time: 7:45 AM	L
Sep 10, 2019	Tue	Regular Season	Albany High School, Shaker High School @ Columbia High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Point: High School Departure Time: 2:30 PM	L
Sep 14, 2019	Sat	Meet (Queensbury XC Invitational)	Vs. Multiple	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 14, 2019	Sat	Regular Season (Queensbury Invitational)	@ TBD	9:20 AM		Queensbury HS, Trails @ Elem. School	Departure Point: High School Departure Time: 6:45 AM	L
Sep 17, 2019	Tue	Regular Season (at Colonie Town Park)	Burnt Hills-Ballston Lake HS @ Ballston Spa High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Point: High School Departure Time: 2:30 PM	L
Sep 21, 2019	Sat	Regular Season (Tartan Invitational)	TBD	9:00 AM		Indian Meadows	Departure Point: High School Departure Time: 7:00 AM	L
Sep 24, 2019	Tue	Regular Season	Shenendehowa High School, Averill Park High School	4:15 PM	5:55 PM	The Crossings of Colonie	Departure Point: High School Departure Time: 2:30 PM	L
Sep 28, 2019	Sat	Regular Season (Galway Invitational)	Galway	9:00 AM		Bob's Tree Farm	Departure Point: High School Departure Time: 7:00 AM	L
Oct 2, 2019	Wed	Regular Season	Schenectady High School, Niskayuna High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	Departure Point: High School Departure Time: 3:10 PM	L
Oct 5, 2019	Sat	Regular Season (Grout Run)	TBD	9:00 AM		Central Park	Departure Point: High School Departure Time: 7:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2019	Sat	Regular Season (Burnt Hills-Ballston Lake Invitational)	Dolgeville, South Glens Falls, Schuylerville, Greenville, Hadley-Luzerne (Corinth/Hadley Luzerne), Corinth (Corinth/Hadley Luzerne), Amsterdam, Ballston Spa High School, Saratoga Springs High School, Niskayuna High School, Granville (Granville-Whitehall-Hartford), Stillwater, Broadalbin-Perth, Johnstown, Lake George, Chittenango @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	High School Departure Point: Departure Time: 7:00 AM	NL
Oct 15, 2019	Tue	Regular Season	Saratoga Springs High School, Troy, Guilderland High School	4:15 PM	6:00 PM	The Crossings of Colonie	High School Departure Point: Departure Time: 2:30 PM	L
Oct 19, 2019	Sat	Regular Season (Northeast Cross Country Championship)	@ TBD	TBD		TBD	High School Departure Point: Departure Time: 4:00 PM Return Date: Return Time: 3:30 PM	L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	High School Departure Point: Departure Time: 11:30 AM Return Date: Return Time: 4:00 PM	NL
Nov 4, 2019	Mon	Regular Season (Section 2 Championships)	TBD	1:00 PM		Saratoga State Park	High School Departure Point: Departure Time: 10:00 AM Return Date: Return Time: 3:30 PM	L

Date: 2024-05-02