



Colonie High School

(G) V Cross Country

Coaches:

- MaryAnn Reilly-Johnson, Head Coach
- Frank Myers, 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: 2025-12-05