



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 7, 2024	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Scotia-Glenville, Shaker High School @ Niskayuna High School	9:30 AM		Iroquois Middle School		NL
Sep 10, 2024	Tue	Regular Season	Albany High School, Bethlehem High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 3:00 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen, Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Auburn, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 17, 2024	Tue	Regular Season	Shenendehowa High School, Schenectady High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Time: 3:00 PM	L
Sep 24, 2024	Tue	Regular Season	Averill Park High School, Ballston Spa High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 3:00 PM	L
Oct 1, 2024	Tue	Regular Season	Guilderland High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	Departure Time: 3:00 PM	L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	Shaker High School, Ballston Spa High School @ Schenectady High School	9:00 AM		Central Park		L
Oct 8, 2024	Tue	Regular Season	Shaker High School, Niskayuna High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Oct 12, 2024	Sat	Regular Season	Lake George, Niskayuna High School, Shaker High School, Shenendehowa High School, Ballston Spa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	NL
Oct 18, 2024	Fri	Regular Season (Albany County Championships)	@ TBD	TBD		Colonie Town Park	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park	NL

Date: 2025-12-05