



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, 2025	Tue	Regular Season	Niskayuna High School, Albany High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 2:30 PM	L
Sep 6, 2025	Sat	Regular Season (Ekiden)	Schenectady High School, Shaker High School, Schuylerville, Scotia-Glenville, Amsterdam @ Niskayuna High School	9:30 AM		Iroquois Middle School		NL
Sep 9, 2025	Tue	Regular Season	Shaker High School, Shenendehowa High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Time: 2:45 PM	L
Sep 13, 2025	Sat	Regular Season (Queensbury Invy)	Schenectady High School, Auburn, Shaker High School, Lake George, Monticello, Niskayuna High School, Tully, Greenville, Roy C Ketcham/ Wappingers JHS, Central Valley Academy, Phoenix, Chatham, Broadalbin-Perth, Shenendehowa High School, South Lewis, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 9:30 AM	NL
Sep 16, 2025	Tue	Regular Season	Ballston Spa High School, Saratoga Springs High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Time: 2:45 PM	L
Sep 30, 2025	Tue	Regular Season	@ Schenectady High School	4:15 PM	5:55 PM	Central Park	Departure Time: 2:45 PM	L
Oct 4, 2025	Sat	Regular Season (Grout Run Invitational)	Shaker High School, Amsterdam @ Schenectady High School	9:00 AM	2:00 PM	Central Park	Departure Time: 7:30 AM	NL
Oct 7, 2025	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School, Bethlehem High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 2:30 PM	L
Oct 11, 2025	Sat	Regular Season (Burnt Hills Invy)	Shaker High School, Lake George, Niskayuna High School, Ballston Spa High School, Schuylerville, Greenville, Cato-Meridian (Blue Devils), Gloversville, TBD @ Burnt Hills-Ballston Lake HS	9:00 AM	5:25 PM	Saratoga Spa State Park		NL
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:25 PM	Saratoga Spa State Park		NL

Date: 2025-12-05