



Colonie High School

(G) MOD9 Cross Country

Coaches:

- Melanie Lautenschlager, Head Coach
- Alana Pearl, Head Coach
- Frank Myers
- MaryAnn Reilly-Johnson

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2021	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Guilderland High School	5:00 PM	6:30 PM	Tawasentha Park	Departure Point: Lisha Kill MS Departure Time: 3:45 PM	L
Sep 29, 2021	Wed	Regular Season	Averill Park High School @ Shenendehowa High School	4:15 PM	5:55 PM	Shen Cross Country Trail	Departure Point: Lisha Kill MS Departure Time: 3:00 PM	L
Oct 6, 2021	Wed	Regular Season	Ballston Spa High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course	Departure Point: Lisha Kill MS Departure Time: 3:00 PM	L
Oct 13, 2021	Wed	Regular Season	Schenectady High School (Modified), Shaker High School @ Bethlehem High School	5:00 PM	5:55 PM	Elm Avenue Park	Departure Point: Lisha Kill MS Departure Time: 3:00 PM	L
Oct 19, 2021	Tue	Regular Season	Saratoga Springs High School, Niskayuna High School (Modified)	4:15 PM		The Crossings of Colonie		L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	12:00 PM	2:55 PM	Saratoga Spa State Park	Departure Point: Lisha Kill MS Departure Time: 7:30 AM	NL

Date: 2025-12-06