



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 14, 2022	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Guilderland High School	4:15 PM	5:55 PM	Sand Creek Middle School		L
Sep 21, 2022	Wed	Regular Season	Columbia High School, Averill Park High School, Shenendehowa High School	4:15 PM	5:55 PM	Sand Creek Middle School		L
Sep 28, 2022	Wed	Regular Season	Ballston Spa High School, Albany High School	4:15 PM	5:55 PM	CBA, Albany		L
Oct 12, 2022	Wed	Regular Season	Bethlehem High School, Shaker High School @ Schenectady High School (Modified)	4:30 PM	5:55 PM	Central Park		L
Oct 19, 2022	Wed	Regular Season	Niskayuna High School (Modified) @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	1:55 PM	Saratoga Spa State Park		NL

Date: 2025-12-05