



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 13, 2023	Wed	Regular Season	Shenendehowa High School, Schenectady High School (Modified), Columbia High School	4:30 PM	6:10 PM	Sand Creek MS Track		L
Sep 20, 2023	Wed	Regular Season	Averill Park High School, Saratoga Springs High School, Ballston Spa High School @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Sep 27, 2023	Wed	Regular Season	Albany High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Oct 4, 2023	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Guilderland High School	9:00 AM	11:00 AM	CBA, Albany	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Oct 4, 2023	Wed	Meet (Cross Country Meet Boys and Girls)	Vs. Multiple	4:30 PM	6:00 PM	CBA, Albany		NL
Oct 11, 2023	Wed	Regular Season	Shaker High School @ Niskayuna High School (Modified)	4:30 PM	6:10 PM	Iroquois Middle School	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Oct 14, 2023	Sat	Regular Season (4th Annual Burnt Hills CC Invitational)	Schuylerville, Shaker High School, Granville (Granville-Whitehall-Hartford) @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park		NL

Date: 2025-12-05