



Colonie High School

(G) MOD9 Cross Country

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 18, 2024	Wed	Regular Season	Shenendehowa High School, Schenectady High School (Modified) @ Columbia High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park		L
Sep 25, 2024	Wed	Regular Season	Saratoga Springs High School, Averill Park High School, Ballston Spa High School @ Shenendehowa High School	4:30 PM	6:10 PM	CBA, Albany		L
Oct 9, 2024	Wed	Regular Season	Shaker High School, Niskayuna High School (Modified)	4:30 PM	6:10 PM	TBD		L
Oct 16, 2024	Wed	Regular Season	Bethlehem High School, Albany High School	4:30 PM	6:10 PM	TBD		L
Oct 22, 2024	Tue	Regular Season	Guilderland High School @ Burnt Hills-Ballston Lake HS	4:30 PM	6:10 PM	TBD		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM		Saratoga Spa State Park		NL

Date: 2024-05-19