



# 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 17, 2025 | Wed      | Regular Season           | Ballston Spa High School, Saratoga Springs High School @ Averill Park High School | 4:30 PM    | 6:10 PM  | APHS Cross Country Course | <b>Departure Point:</b> Sand Creek<br><b>Departure Time:</b> 3:00 PM | L                   |
| Sep 24, 2025 | Wed      | Regular Season           | Shaker High School, Shenendehowa High School @ Guilderland High School            | 4:30 PM    | 6:10 PM  | Tawasentha Park           | <b>Departure Point:</b> Sand Creek<br><b>Departure Time:</b> 3:00 PM | L                   |
| Oct 8, 2025  | Wed      | Regular Season           | Burnt Hills-Ballston Lake HS, Columbia High School, Bethlehem High School         | 4:30 PM    | 6:10 PM  | Colonie Town Park         |  | L                   |
| Oct 15, 2025 | Wed      | Regular Season           | Niskayuna High School (Modified), Albany High School                              | 4:30 PM    | 6:10 PM  | Colonie Town Park         |  | L                   |
| Oct 22, 2025 | Wed      | Regular Season           | @ Schenectady High School (Modified)  | 4:30 PM    | 6:10 PM  | Central Park              | <b>Departure Point:</b> Sand Creek<br><b>Departure Time:</b> 3:00 PM | L                   |
| Oct 25, 2025 | Sat      | Meet (SSC Championships) | Vs. Multiple  | 9:00 AM    | 11:25 AM | Saratoga Spa State Park   |  | NL                  |

Date: 2025-12-09