



Colonie High School

(B) V Cross Country

Coaches:

- Michael Palmer, Head Coach
- Jake Johnson, Asst Coach
- Lisa Paparone, Asst Coach
- Jake Johnson

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2018	Wed	Practice (Preseason Practice)	N/A	8:30 AM		Saratoga State Park	Departure Point: Sand Creek MS Departure Time: 8:00 AM	
Sep 1, 2018	Sat	Regular Season (Niskayuna Ekiden Invitational)	@ Niskayuna High School	9:30 AM		Iroquois Middle School	Departure Point: High School Departure Time: 7:45 AM	NL
Sep 4, 2018	Tue	Regular Season	Saratoga Springs High School, Niskayuna High School @ Shenendehowa High School	6:00 PM		Saratoga Spa State Park	Departure Point: High School Departure Time: 3:45 PM	L
Sep 7, 2018	Fri	Regular Season (Shaker Invitational)	@ Shaker High School	4:00 PM		Colonie Mohawk River Town Park	Departure Point: High School Departure Time: 2:30 PM	L
Sep 11, 2018	Tue	Regular Season	Ballston Spa High School, Troy @ Bethlehem High School	4:15 PM		Elm Avenue Park	Departure Point: High School Departure Time: 2:30 PM	L
Sep 15, 2018	Sat	Meet (Adk XC Classic Invy)	Vs. Multiple	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 15, 2018	Sat	Regular Season (Queensbury Invitational)	@ TBD	9:20 AM		Queensbury HS	Departure Point: High School Departure Time: 7:00 AM	NL
Sep 18, 2018	Tue	Practice (Practice)	N/A	3:15 PM		SUNY Albany	Departure Point: High School Departure Time: 2:45 PM	
Sep 25, 2018	Tue	Regular Season	Christian Brothers Academy, Albany, Schenectady High School, Albany High School	4:15 PM		The Crossings of Colonie	Departure Point: High School Departure Time: 2:30 PM	L
Sep 28, 2018	Fri	Regular Season	@ Galway	8:00 AM		Galway HS	Departure Point: High School Departure Time: 6:30 AM	NL
Sep 28, 2018	Fri	Regular Season	@ Galway	8:00 AM		Galway HS	Departure Point: High School Departure Time: 6:30 AM	NL
Sep 28, 2018	Fri	Regular Season	@ Galway	8:00 AM		Bob's Tree Farm	Departure Point: High School Departure Time: 6:30 AM	NL
Sep 29, 2018	Sat	Regular Season (Galway Invitational)	Galway	9:00 AM		Bob's Tree Farm	Departure Point: High School Departure Time: 7:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 3, 2018	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School @ Guilderland High School	4:15 PM		Tawasentha Park	Departure Point: High School Departure Time: 2:45 PM	L
Oct 9, 2018	Tue	Regular Season	Averill Park High School @ Shaker High School	4:15 PM		Colonie Mohawk River Town Park	Departure Point: High School Departure Time: 2:30 PM	L
Oct 13, 2018	Sat	Regular Season (Manhattan Invitational)	@ TBD	TBD		Van Cordlant Park Bronx, NY	Departure Point: High School	L
Oct 19, 2018	Fri	Regular Season (Albany Kiwanis Meet)	Albany High School	3:45 PM		Colonie Town Park	Departure Point: High School Departure Time: 2:00 PM	L
POSTPONED Oct 27, 2018	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Point: High School Departure Time: 2:00 PM	NL
Nov 2, 2018	Fri	Regular Season (Section 2 Championships)	@ TBD	1:30 PM		Saratoga State Park	Departure Point: High School Departure Time: 10:30 AM	L

Date: 2025-12-07