



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 31, 2019	Sat	Regular Season (Niskayuna Ekiden)	@ Niskayuna High School	9:30 AM		Iroquois Middle School	Departure Point: High School Departure Time: 7:45 AM	L
Sep 7, 2019	Sat	Regular Season (Shaker Invitational)	@ Shaker High School	9:00 AM		Colonie Mohawk River Town Park	Departure Point: High School Departure Time: 7:30 AM	L
Sep 10, 2019	Tue	Regular Season	Albany High School, Shaker High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	Departure Point: High School Departure Time: 2:30 PM	L
Sep 17, 2019	Tue	Regular Season	Ballston Spa High School, Burnt Hills-Ballston Lake HS, TBD @ Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Colonie Town Park	Departure Point: High School Departure Time: 2:30 PM	L
Sep 21, 2019	Sat	Regular Season (Guilderland Invitational)	Schenectady High School, Shaker High School, Oriskany, Sauquoit Valley, Greenwich @ Guilderland High School	7:30 AM		Tawasentha Park	Departure Point: High School Departure Time: 8:30 AM	L
Sep 24, 2019	Tue	Regular Season	Shenendehowa High School, Averill Park High School	4:15 PM	5:55 PM	The Crossings of Colonie	Departure Point: High School Departure Time: 2:30 PM	L
Sep 28, 2019	Sat	Regular Season (Galway Invitational)	@ Galway	8:30 AM		Bob's Tree Farm	Departure Point: High School Departure Time: 6:30 AM	L
Oct 2, 2019	Wed	Regular Season	Schenectady High School, Niskayuna High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	Departure Point: High School Departure Time: 2:30 PM	L
Oct 11, 2019	Fri	Regular Season (Manhattan Invitational)	@ TBD	9:00 AM		Van Cordlant Park Bronx, NY	Departure Point: High School Departure Time: 3:30 PM	L
Oct 15, 2019	Tue	Regular Season	Saratoga Springs High School, Troy, Guilderland High School	4:15 PM	6:00 PM	The Crossings of Colonie	Departure Point: High School Departure Time: 2:30 PM	L
Oct 18, 2019	Fri	Regular Season (Albany Kiwanis Meet)	@ TBD	3:40 PM		The Crossings of Colonie	Departure Point: High School Departure Time: 2:30 PM	L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	Departure Point: High School Departure Time: 11:30 AM Return Date: 4:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 4, 2019	Mon	Regular Season (Section 2 Championships)	@ TBD	1:30 PM		Saratoga State Park	Departure Point: High School Departure Time: 9:00 AM	L

Date: 2025-12-08