



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
Oct 3, 2020	Sat	Regular Season 35-22 L	@ Ballston Spa High School	12:00 PM		Saratoga State Park	Departure Point: High School Departure Time: 9:30 AM	L
Oct 10, 2020	Sat	Regular Season 22-36 W	@ Schenectady High School	9:00 AM	10:40 AM	Iroquois Middle School, Niskayuna	Departure Point: High School Departure Time: 7:15 AM	L
Oct 16, 2020	Fri	Regular Season 28-29-18 L	Christian Brothers Academy, Albany @ Albany High School	4:00 PM		Capital Hills Golf Course	Departure Point: High School Departure Time: 2:45 PM	L
Oct 24, 2020	Sat	Regular Season 26-29 W	Averill Park High School	9:00 AM	10:40 AM	The Crossings of Colonie		L
Oct 31, 2020	Sat	Regular Season 15-0 L	Troy	9:00 AM	10:40 AM	The Crossings of Colonie		L
Nov 7, 2020	Sat	Regular Season 42-18 L	Columbia High School	9:00 AM	10:40 AM	The Crossings of Colonie		L
Nov 14, 2020	Sat	Regular Season 34-23 L	@ Burnt Hills-Ballston Lake HS	9:00 AM	10:40 AM	Saratoga Spa State Park	Departure Point: High School Departure Time: 7:15 AM	L
Nov 21, 2020	Sat	Meet (SSC Championships)	Vs. Multiple	8:00 AM	4:00 PM	Saratoga Spa State Park	Departure Point: High School Departure Time: 7:15 AM	NL

Date: 2025-12-06