



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
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Columbia High School, Amherst, Canajoharie, Shaker High School, Schenectady High School, LaSalle Institute, Averill Park High School, Voorheesville, Ballston Spa High School, Rome Free Academy, Queensbury, Shenendehowa High School @ Niskayuna High School	9:30 AM		Iroquois Middle School-Niskayuna	Departure Point: High School Departure Time: 7:45 AM	L
Sep 10, 2021	Fri	Regular Season (The Springstead Invitational)	Bethlehem High School @ Shaker High School	4:00 PM		The Crossings of Colonie	Departure Point: High School Departure Time: 3:00 PM	L
Sep 18, 2021	Sat	Practice	N/A	8:30 AM		Tawasentha Park	Departure Point: High School Departure Time: 8:00 AM Return Date: Return Time: 10:00 AM	
Sep 21, 2021	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Troy @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	Departure Point: High School Departure Time: 2:30 PM	L
Sep 25, 2021	Sat	Regular Season (Galway Invitational @ Galway)	@ Galway	9:00 AM		Galway HS	Departure Point: High School Departure Time: 7:30 AM	L
Sep 28, 2021	Tue	Regular Season	Columbia High School, Averill Park High School @ Shenendehowa High School	4:15 PM	5:55 PM	Shen Cross Country Trail	Departure Point: High School Departure Time: 2:30 PM	L
Oct 2, 2021	Sat	Regular Season (GUILDERLAND INVY)	Averill Park High School, Berlin, Chatham, Duanesburg, Maple Hill @ Guilderland High School	9:00 AM		Tawasentha Park	Departure Time: 9:00 AM Return Date: Return Time: 1:30 PM	L
Oct 5, 2021	Tue	Regular Season	Ballston Spa High School, Christian Brothers Academy, Albany @ Albany High School	4:30 PM	5:55 PM	Capital Hills Golf Course	Departure Point: High School Departure Time: 2:30 PM	L
Oct 9, 2021	Sat	Regular Season	@ Scotia-Glenville	9:00 AM		Indian Meadows		L
Oct 12, 2021	Tue	Regular Season	Schenectady High School, Shaker High School @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	Departure Point: High School Departure Time: 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 19, 2021	Tue	Regular Season	Saratoga Springs High School, Niskayuna High School	4:15 PM	5:55 PM	The Crossings of Colonie	Departure Point: High School Departure Time: 2:30 PM	L
Oct 22, 2021	Fri	Regular Season (Albany Kiwanis Meet)	Albany Academies, Albany High School, Berne-Knox-Westerlo, Bethlehem High School, Christian Brothers Academy, Albany, Cohoes, Guilderland High School, Ravena-Coeymans, Shaker High School, Voorheesville, Watervliet	3:30 PM	5:15 PM	The Crossings of Colonie	Departure Point: High School Departure Time: 2:00 PM	L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park	Departure Point: High School Departure Time: 11:30 AM	NL

Date: 2025-12-06