



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 6, 2022	Tue	Regular Season	Niskayuna High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Sep 17, 2022	Sat	Regular Season (Queensbury Invitational)	Ballston Spa High School, Schuylerville, Christian Brothers Academy, Albany, Niskayuna High School, Monroe-Woodbury, Saratoga Springs High School, Schenectady High School, South Glens Falls, Coxsackie-Athens, Glens Falls, Chittenango, Granville (Granville-Whitehall-Hartford), Shaker High School, Remsen (Remsen), Roy C Ketcham/Wappingers JHS, North Warren, Albany High School, Maple Hill, Chatham, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 6:45 AM	NL
Sep 20, 2022	Tue	Regular Season	Columbia High School, Averill Park High School, Shenendehowa High School	4:15 PM	5:55 PM	The Crossings of Colonie	Departure Time: 2:45 PM	L
Sep 27, 2022	Tue	Regular Season	Ballston Spa High School, Albany High School @ Christian Brothers Academy, Albany	4:15 PM	5:55 PM	The Crossings of Colonie	Departure Time: 2:45 PM	L
Oct 3, 2022	Mon	Regular Season	Burnt Hills-Ballston Lake HS, Troy, Guilderland High School	4:15 PM	5:55 PM	The Crossings of Colonie	Departure Time: 2:45 PM	L
Oct 8, 2022	Sat	Regular Season (Non-League Saratoga Invitational)	North Warren, Broadalbin-Perth, Shaker High School @ Saratoga Springs High School	9:30 AM		Pitney Meadows Community Farm		NL
Oct 11, 2022	Tue	Regular Season	Bethlehem High School, Shaker High School @ Schenectady High School	4:30 PM	5:55 PM	Iroquois Middle School, Niskayuna	Departure Time: 2:45 PM	L

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Oct 15, 2022	Sat	Regular Season (Burnt Hills Invy)	Saratoga Springs High School, Niskayuna High School, Schenectady High School, South Glens Falls, Granville (Granville-Whitehall- Hartford), Oneonta, Schuylerville, Shaker High School, Guilderland High School, Ballston Spa High School, Queensbury, Albany High School, Shenendehowa High School @ Burnt Hills- Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Time: 7:15 AM	L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		NL

Date: 2025-12-14