



# Colonie High School

## (B) V Cross Country

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 5, 2023	Tue	Regular Season	Albany High School, Troy @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Departure Time:</b> 2:30 PM	L
Sep 9, 2023	Sat	Meet (Springstead Invitational)	Vs. Multiple	9:00 AM		Colonie Mohawk River Town Park		NL
Sep 12, 2023	Tue	Regular Season	Shenendehowa High School, Schenectady High School, Columbia High School	4:15 PM	5:55 PM	Colonie Town Park		L
Sep 19, 2023	Tue	Regular Season	Saratoga Springs High School, Ballston Spa High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	<b>Departure Time:</b> 2:30 PM	L
Sep 23, 2023	Sat	Regular Season (Cross Country Invy)	Amsterdam, Schenectady High School, Schuylerville, Rensselaer, Monroe-Woodbury, Adirondack, Bethlehem High School, Saratoga Springs High School, Ballston Spa High School, Minisink Valley, Hadley-Luzerne (Corinth/Hadley Luzerne), Shaker High School, Glens Falls, Chittenango, Greenville, Shenendehowa High School, Troy, Albany High School, Maple Hill, Scotia-Glenville @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 30, 2023	Sat	Regular Season (NYS Nighttime Showcase @Twin Ponds on a Farm - Montgomery, NY)	TBD	6:00 PM		TBD	<b>Departure Point:</b> High School	L
Oct 3, 2023	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Guilderland High School @ Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Colonie Town Park	<b>Departure Time:</b> 2:30 PM	L
Oct 10, 2023	Tue	Regular Season	Shaker High School @ Niskayuna High School	4:15 PM	5:55 PM	Colonie Town Park	<b>Departure Time:</b> 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invy)	Granville (Granville-Whitehall), Schuylerville, Johnstown, Edmeston (Edmeston/Morris), Jamesville-Dewitt, Shaker High School, Ballston Spa High School, Shenendehowa High School, Albany High School, Troy, Greenville, Queensbury, Scotia-Glenville, Glens Falls @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		NL

Date: 2024-04-10