



# 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 10, 2024	Tue	Regular Season	Albany High School, Bethlehem High School	4:15 PM	5:55 PM	Colonie Town Park	<b>Departure Time:</b> 2:45 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Saratoga Springs High School, Remsen (Remsen), Roy C Ketcham/Wappingers JHS, Schenectady High School, Maple Hill, Schuylerville, Delaware Academy, Greenville, Shaker High School, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 17, 2024	Tue	Regular Season	Shenendehowa High School, Schenectady High School @ Columbia High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park	<b>Departure Time:</b> 2:40 PM	L
Sep 24, 2024	Tue	Regular Season	Averill Park High School, Ballston Spa High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Departure Time:</b> 2:25 PM	L
Oct 1, 2024	Tue	Regular Season	Christian Brothers Academy, Albany, Guilderland High School @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Departure Time:</b> 2:25 PM	L
Oct 8, 2024	Tue	Regular Season	Shaker High School, Niskayuna High School	4:15 PM	5:55 PM	Colonie Town Park	<b>Departure Time:</b> 2:45 PM	L
Oct 12, 2024	Sat	Regular Season	Lake George, Saratoga Springs High School, Niskayuna High School, Shaker High School, Shenendehowa High School, Ballston Spa High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 18, 2024	Fri	Regular Season (Albany County Championships )	@ TBD	TBD		Colonie Town Park	<b>Departure Time:</b> 2:20 PM	L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park		NL

Date: 2025-12-06