



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 2, 2025	Tue	Regular Season 33-24-46 L	Niskayuna High School, Albany High School	4:15 PM	5:55 PM	Colonie Town Park		L
Sep 6, 2025	Sat	Regular Season (Ekiden)	Schenectady High School, Schuylerville, Scotia-Glenville @ Niskayuna High School	9:30 AM		Iroquois Middle School		NL
Sep 9, 2025	Tue	Regular Season	Shaker High School, Shenendehowa High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		L
Sep 13, 2025	Sat	Regular Season (QBY INVY)	Auburn, Shaker High School, Greenville, Lake George, Schenectady High School, Monticello, Niskayuna High School, Vernon-Verona-Sherrill, Our Lady of Lourdes, Christian Brothers Academy, Albany, Roy C Ketcham/ Wappingers JHS, Phoenix, Central Valley Academy, Gloversville, Broadalbin-Perth, Watervliet, Afton (Afton/Harpursville/B-G), Chatham, Amsterdam, Shenendehowa High School, South Lewis, Hudson Falls, TBD @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 9:30 AM	NL
Sep 16, 2025	Tue	Regular Season 15-15-15-0 L	Ballston Spa High School, Saratoga Springs High School @ Averill Park High School	4:15 PM	5:55 PM	Schodack Island State Park	Departure Time: 2:45 PM	L
Sep 30, 2025	Tue	Regular Season	Christian Brothers Academy, Albany @ Schenectady High School	4:15 PM	5:55 PM	Central Park	Departure Time: 2:45 PM	L
Oct 4, 2025	Sat	Regular Season (XC Invitational)	Greenville, Ballston Spa High School @ Saratoga Springs High School	9:00 AM	3:00 PM	Pitney Meadows Community Farm		NL
Oct 7, 2025	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School, Bethlehem High School	4:15 PM	5:55 PM	Colonie Town Park	Departure Time: 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 11, 2025	Sat	Regular Season (Cross country invy)	Niskayuna High School, Lake George, Shaker High School, Greenville, Schuylerville, Cato-Meridian (Blue Devils), Ballston Spa High School, Baldwinsville, Christian Brothers Academy, Albany, Gloversville, Oneonta, Little Falls, Vernon-Verona-Sherrill @ Burnt Hills-Ballston Lake HS	9:00 AM	3:25 PM	Saratoga Spa State Park		NL
Oct 17, 2025	Fri	Regular Season (Invitational)	Watervliet	3:30 PM		Colonie Town Park		NL
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:25 PM	Saratoga Spa State Park		NL

Date: 2025-12-05