



Colonie High School

(B) MOD9 Cross Country

Coaches:

- Melanie Lautenschlager, Head Coach
- Alana Pearl, Head Coach
- Jake Johnson
- Michael Palmer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2018	Thu	Practice (Practice)	N/A	2:45 PM		Sand Creek MS Track		
Sep 26, 2018	Wed	Regular Season	Christian Brothers Academy, Albany, Schenectady High School (Modified), Albany High School @ Guilderland High School	4:15 PM		Tawasentha Park	Departure Point: Sand Creek MS Departure Time: 2:45 PM	L
Sep 29, 2018	Sat	Regular Season (Galway Invitational)	Galway	9:00 AM		Bob's Tree Farm	Departure Point: High School Departure Time: 7:00 AM	NL
Oct 3, 2018	Wed	Regular Season	Shaker High School, Averill Park High School, Christian Brothers Academy, Albany	4:15 PM		Sand Creek MS Track	Departure Point: Lisha Kill MS Departure Time: 3:00 PM	L
Oct 6, 2018	Sat	Regular Season (Grout Run)	Schenectady High School (Modified)	9:00 AM		Central Park	Departure Point: High School Departure Time: 7:00 AM	L
Oct 10, 2018	Wed	Regular Season	Niskayuna High School (Modified), Guilderland High School @ Ballston Spa High School	4:15 PM	6:30 PM	Saratoga State Park	Departure Point: Lisha Kill MS / Sand Creek MS Departure Time: 2:45 PM	L
Oct 13, 2018	Sat	Regular Season (Burnt Hills Invitational)	@ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	Departure Point: Lisha Kill MS Departure Time: 8:15 AM	L
Oct 18, 2018	Thu	Regular Season	Niskayuna High School (Modified), Saratoga Springs High School, Schenectady High School (Modified) @ Shenendehowa High School	4:30 PM		Shen Cross Country Trail	Departure Point: Lisha Kill MS / Sand Creek MS Departure Time: 2:45 PM	L
Oct 30, 2018	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM		Saratoga Spa State Park	Departure Point: High School Departure Time: 1:45 PM	NL

Date: 2025-12-11