



# 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 11, 2019	Wed	Regular Season	Shaker High School @ Albany High School	4:15 PM	5:55 PM	Washington Park	<b>Departure Point:</b> Lisha Kill MS <b>Departure Time:</b> 3:00 PM	L
Sep 14, 2019	Sat	Regular Season (Queensbury Invitational)	@ TBD	9:00 AM		Queensbury HS	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:00 AM	L
Sep 14, 2019	Sat	Meet (Queensbury XC Invitational)	Vs. Multiple	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Sep 21, 2019	Sat	Regular Season (Tartan Invitational)	@ TBD	9:00 AM		Indian Meadows	<b>Departure Point:</b> High School	L
Sep 25, 2019	Wed	Regular Season	Shenendehowa High School, Averill Park High School	4:15 PM	5:55 PM	Sand Creek MS Track		L
Sep 28, 2019	Sat	Regular Season (Galway Invitational)	@ Galway	9:00 AM		Bob's Tree Farm	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:00 AM	L
Oct 1, 2019	Tue	Regular Season	Schenectady High School (Modified), Niskayuna High School (Modified) @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park	<b>Departure Point:</b> Lisha Kill MS <b>Departure Time:</b> 3:00 PM	L
Oct 5, 2019	Sat	Regular Season (Grout Run)	@ Schenectady High School (Modified)	9:00 AM		Central Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:00 AM	L
Oct 12, 2019	Sat	Regular Season (@ Burnt Hills Invitational)	Greenville, Amsterdam, Ballston Spa High School, Queensbury, Lake George @ Burnt Hills-Ballston Lake HS	9:15 AM		Saratoga Spa State Park		NL
Oct 16, 2019	Wed	Regular Season	Saratoga Springs High School, Guilderland High School	4:15 PM	6:00 PM	Sand Creek MS Track		L
Oct 26, 2019	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park	<b>Departure Point:</b> High School <b>Departure Time:</b> 8:00 AM	NL

Date: 2025-12-09