



# 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 13, 2023	Wed	Regular Season	Shenendehowa High School, Schenectady High School (Modified), Columbia High School	4:30 PM	6:10 PM	Sand Creek MS Track		L
Sep 20, 2023	Wed	Regular Season	Christian Brothers Academy, Albany, Averill Park High School, Ballston Spa High School, Saratoga Springs High School @ Shenendehowa High School	4:30 PM	6:10 PM	Shen Cross Country Trail	<b>Departure Point:</b> Sand Creek <b>Departure Time:</b> 3:00 PM	L
Sep 27, 2023	Wed	Regular Season	Albany High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park	<b>Departure Point:</b> Sand Creek <b>Departure Time:</b> 3:00 PM	L
Oct 4, 2023	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Guilderland High School @ Christian Brothers Academy, Albany	4:30 PM		CBA, Albany	<b>Departure Point:</b> Sand Creek <b>Departure Time:</b> 3:00 PM	L
Oct 11, 2023	Wed	Regular Season	Shaker High School @ Niskayuna High School (Modified)	4:30 PM	6:10 PM	Iroquois Middle School	<b>Departure Point:</b> Sand Creek <b>Departure Time:</b> 3:00 PM	L
Oct 14, 2023	Sat	Regular Season (4th Annual Burnt Hills CC Invitational)	Schuylerville, Shaker High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park		NL

Date: 2025-12-05