



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 17, 2025	Wed	Regular Season	Ballston Spa High School, Saratoga Springs High School @ Averill Park High School	4:30 PM	6:10 PM	APHS Cross Country Course	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Sep 24, 2025	Wed	Regular Season	Shaker High School, Shenendehowa High School @ Guilderland High School	4:30 PM	6:10 PM	Tawasentha Park	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Oct 8, 2025	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Columbia High School, Bethlehem High School	4:30 PM	6:10 PM	Colonie Town Park	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Oct 15, 2025	Wed	Regular Season	Niskayuna High School (Modified), Albany High School	4:30 PM	6:10 PM	Colonie Town Park	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Oct 22, 2025	Wed	Regular Season	Christian Brothers Academy, Albany @ Schenectady High School (Modified)	4:30 PM	6:10 PM	Central Park	Departure Point: Sand Creek Departure Time: 3:00 PM	L
Oct 25, 2025	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:25 AM	Saratoga Spa State Park		NL

Date: 2025-12-08