



Columbia High School

(G) MOD9 Cross Country

Coaches:

- Ashley Gansle, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------|--|------------|----------|--|----------------|---------------------|
| Sep 14, 2022 | Wed | Regular Season | Niskayuna High School (Modified), Ballston Spa High School, Shaker High School | 4:15 PM | 5:55 PM | Cross Country B&G - Schodack Island State Park | | L |
| Sep 21, 2022 | Wed | Regular Season | Averill Park High School, Shenendehowa High School @ Colonie High School | 4:15 PM | 5:55 PM | Sand Creek Middle School | | L |
| Sep 28, 2022 | Wed | Regular Season | Saratoga Springs High School @ Bethlehem High School | 4:15 PM | 5:55 PM | Elm Avenue Park | | L |
| Oct 12, 2022 | Wed | Regular Season | @ Burnt Hills-Ballston Lake HS | 4:15 PM | 5:55 PM | BH- BL HS | | L |
| Oct 19, 2022 | Wed | Regular Season | Guilderland High School, Albany High School @ Schenectady High School (Modified) | 4:30 PM | 5:55 PM | Central Park | | L |
| Oct 29, 2022 | Sat | Meet (SSC Championships) | Vs. Multiple | 9:00 AM | 1:55 PM | Saratoga Spa State Park | | NL |

Date: 2026-06-01