



# Columbia High School

## (G) MOD9 Cross Country

### Coaches:

- Jaime Sheehy, Head Coach

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) @ Colonie High School	4:30 PM	6:10 PM	Sand Creek MS Track		L
Sep 20, 2023	Wed	Regular Season	Burnt Hills-Ballston Lake HS, Albany High School @ Shaker High School	4:30 PM	6:10 PM	Colonie Mohawk River Town Park		L
Sep 27, 2023	Wed	Regular Season	Ballston Spa High School, Guilderland High School	4:30 PM	6:10 PM	Columbia H.S.		L
Oct 3, 2023	Tue	Regular Season	Niskayuna High School (Modified), Saratoga Springs High School	4:30 PM	6:10 PM	Cross Country B&G - Schodack Island State Park		L
Oct 11, 2023	Wed	Regular Season	Averill Park High School @ Bethlehem High School	4:30 PM	6:10 PM	Elm Avenue Park		L
Oct 28, 2023	Sat	Meet (SSC Championships)	Vs. Multiple	9:00 AM	11:55 AM	Saratoga Spa State Park		NL

Date: 2024-04-04