



# Columbia High School

## (B) V Cross Country

### Coaches:

- John Rivera, Head Coach
- Tara Smades, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Amherst, Canajoharie, Shaker High School, Schenectady High School, LaSalle Institute, Averill Park High School, Voorheesville, Ballston Spa High School, Rome Free Academy, Queensbury, Shenendehowa High School @ Niskayuna High School	9:30 AM		Iroquois Middle School- Niskayuna		L
Sep 14, 2021	Tue	Regular Season	Schenectady High School, Guilderland High School, Albany High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Sep 21, 2021	Tue	Regular Season	Ballston Spa High School, Shaker High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Sep 28, 2021	Tue	Regular Season	Averill Park High School, Colonie High School @ Shenendehowa High School	4:15 PM	5:55 PM	Shen Cross Country Trail		L
Oct 5, 2021	Tue	Regular Season	Bethlehem High School, Troy @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Oct 12, 2021	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Oct 30, 2021	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM	4:55 PM	Saratoga Spa State Park		NL

Date: 2025-12-19