



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 6, 2022	Tue	Regular Season	Albany High School, Guilderland High School @ Schenectady High School	4:30 PM	5:55 PM	Iroquois Middle School, Niskayuna		L
Sep 13, 2022	Tue	Regular Season	Niskayuna High School, Ballston Spa High School, Shaker High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Sep 20, 2022	Tue	Regular Season	Averill Park High School, Shenendehowa High School @ Colonie High School	4:15 PM	5:55 PM	The Crossings of Colonie		L
Sep 27, 2022	Tue	Regular Season	Saratoga Springs High School, Troy @ Bethlehem High School	4:15 PM	5:55 PM	Elm Avenue Park		L
Oct 11, 2022	Tue	Regular Season	Christian Brothers Academy, Albany @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	Saratoga Spa State Park		L
Oct 29, 2022	Sat	Meet (SSC Championships)	Vs. Multiple	1:00 PM	3:55 PM	Saratoga Spa State Park		NL

Date: 2025-12-19