



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 2, 2025 | Tue | Regular Season 19-22-17-0 L | Shenendehowa High School, Saratoga Springs High School @ Christian Brothers Academy, Albany | 4:15 PM | 5:55 PM | Colonie Mohawk River Park | | L |
| Sep 9, 2025 | Tue | Regular Season | Ballston Spa High School, Albany High School, Schenectady High School | 4:15 PM | 5:55 PM | Cross Country B&G - Schodack Island State Park | | L |
| Sep 16, 2025 | Tue | Regular Season 98-35-50 L | Guilderland High School @ Niskayuna High School | 4:15 PM | 5:55 PM | Iroquois Middle School | | L |
| Sep 30, 2025 | Tue | Regular Season | Averill Park High School @ Shaker High School | 4:15 PM | 5:55 PM | Colonie Mohawk River Town Park | | L |
| Oct 7, 2025 | Tue | Regular Season | Burnt Hills-Ballston Lake HS, Bethlehem High School @ Colonie High School | 4:15 PM | 5:55 PM | Colonie Town Park | | L |
| Oct 25, 2025 | Sat | Meet (SSC Championships) | Vs. Multiple | 1:00 PM | 3:25 PM | Saratoga Spa State Park | | NL |

Date: 2025-12-17