



Columbia High School

(B) MOD9 Cross Country

Coaches:

- Jaime Sheehy, 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	Christian Brothers Academy, Albany @ Burnt Hills-Ballston Lake HS	4:15 PM	5:55 PM	TBD		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: 2024-05-17