



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 17, 2024 | Tue | Regular Season | Shenendehowa High School, Schenectady High School (Modified), Colonie High School | 4:30 PM | 6:10 PM | Cross Country B&G - Schodack Island State Park | | L |
| Sep 25, 2024 | Wed | Regular Season | Burnt Hills-Ballston Lake HS, Shaker High School @ Albany High School | 4:30 PM | 6:10 PM | Capital Hills Golf Course | | L |
| Oct 8, 2024 | Tue | Regular Season | Averill Park High School, Bethlehem High School | 4:30 PM | 6:10 PM | Cross Country B&G - Schodack Island State Park | | L |
| Oct 16, 2024 | Wed | Regular Season | Ballston Spa High School @ Guilderland High School | 4:30 PM | 6:10 PM | Tawasentha Park | | L |
| Oct 22, 2024 | Tue | Regular Season | Saratoga Springs High School @ Niskayuna High School (Modified) | 4:30 PM | 6:10 PM | Iroquois Middle School | | L |
| Oct 26, 2024 | Sat | Meet (SSC Championships) | Vs. Multiple | 9:00 AM | | Saratoga Spa State Park | | NL |

Date: 2024-09-18