



# 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 10, 2024	Tue	Regular Season	Ballston Spa High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park		L
Sep 17, 2024	Tue	Regular Season	Shenendehowa High School, Schenectady High School, Colonie High School	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Sep 24, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS, Shaker High School @ Albany High School	4:15 PM	5:55 PM	Capital Hills Golf Course		L
Oct 1, 2024	Tue	Regular Season	Saratoga Springs High School @ Niskayuna High School	4:15 PM	5:55 PM	Iroquois Middle School		L
Oct 8, 2024	Tue	Regular Season	Averill Park High School, Bethlehem High School, Christian Brothers Academy, Albany	4:15 PM	5:55 PM	Cross Country B&G - Schodack Island State Park		L
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	1:30 PM		Saratoga Spa State Park		NL

Date: 2024-07-17