



# Albany High School

## (B) V Winter Track

### Coaches:

- Steven Gallagher, Head Coach
- Pawan Thapalia, Asst Coach
- Elliot Croskey
- Arnoldo Burnett

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School Cardio Room			
Nov 14, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 15, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 16, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 17, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 20, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 21, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 22, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 24, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 27, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 28, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 29, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Nov 30, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 3, 2023	Sun	Regular Season (League Meet 1 @ Union College)	@ TBD	3:00 PM		Union College	Bus/Driver: First Student	Departure Time: 1:30 PM Return Date: L Return Time: 6:30 PM	
Dec 4, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 5, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 6, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 7, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 8, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 10, 2023	Sun	Regular Season (League Meet 2 HVCC)	@ TBD	3:00 PM		Hudson Valley Community College	Bus/Driver: First Student	Departure Time: 1:45 PM Return Date: L Return Time: 6:30 PM	
Dec 11, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 11, 2023	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 11, 2023	Mon	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 12, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 12, 2023	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 12, 2023	Tue	Practice	N/A	TBD		Albany High School Cardio Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 13, 2023	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 13, 2023	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 14, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 14, 2023	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 14, 2023	Thu	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 15, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 15, 2023	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 15, 2023	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 16, 2023	Sat	Regular Season (League meet 3 @ Union College)	@ TBD	8:00 AM		TBD	Bus/Driver: First Student 518-415-6414 (518-445-6372)	Departure Time: 6:30 AM Return Date: Return Time: 12:00 PM	L
Dec 18, 2023	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 18, 2023	Mon	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 19, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 19, 2023	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 19, 2023	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 20, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 20, 2023	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 20, 2023	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 21, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 21, 2023	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 21, 2023	Thu	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 22, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 22, 2023	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 22, 2023	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 26, 2023	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 26, 2023	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 26, 2023	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 27, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 27, 2023	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 27, 2023	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 28, 2023	Thu	Regular Season (League Meet 4 @ HVCC)	@ TBD	8:00 AM		TBD	Bus/Driver: First Student 518-415-6414 (518-445-6372)	Departure Time: 6:45 AM Return Date: Return Time: 12:00 PM	L
Dec 28, 2023	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 28, 2023	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 28, 2023	Thu	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 29, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Dec 29, 2023	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Dec 29, 2023	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Dec 30, 2023	Sat	Regular Season (Viking Invitational @ HVCC)	@ TBD	9:00 AM		TBD	Bus/Driver: First Student 518-415-6414 (518-445-6372)	Departure Time: 7:45 AM Return Date: Return Time: 1:00 PM	L
Jan 1, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 1, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 1, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 2, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 2, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 2, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 3, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 3, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 3, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 4, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 4, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 4, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 5, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 5, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			

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Jan 5, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 8, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 8, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 8, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 9, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 9, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 9, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 10, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 10, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 10, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 11, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 11, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 11, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room			

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Jan 12, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 12, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 12, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 13, 2024	Sat	Regular Season (Track Meet at Utica University)	@ TBD	11:45 AM		TBD	Bus/Driver: First Student 518-415-6414 (518-445-6372)	Departure Time: 9:15 AM Return Date: L Return Time: 6:00 PM	
Jan 15, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 15, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 15, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 16, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 16, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 16, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 17, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 17, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
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Jan 18, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 18, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room			
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Jan 19, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 19, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 20, 2024	Sat	Regular Season (League Meet #5)	@ TBD	8:00 AM		Union College	Bus/Driver: FIRST STUDENT	Departure Time: 6:45 AM	L
Jan 20, 2024	Sat	Regular Season (Track Meet at the Armory NYC)	@ TBD	9:00 AM		TBD	Bus/Driver: Yankee Trails	Departure Time: 5:00 AM Return Date: Return Time: 8:00 PM	NL
Jan 21, 2024	Sun	Regular Season (Freshman Championships at HVCC)	@ TBD	1:00 PM		Hudson Valley Community College	Bus/Driver: FIRST STUDENT	Departure Time: 12:15 PM	L
Jan 22, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 22, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 22, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 23, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 23, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			

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Jan 23, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 24, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 24, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 24, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 25, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 25, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 25, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 26, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 26, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 26, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 27, 2024	Sat	Regular Season (Sectional at HVCC)	@ TBD	5:30 PM	11:00 PM	Hudson Valley Community College	Bus/Driver: FIRST STUDENT	Departure Time: 4:00 PM	L
Jan 29, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 29, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			

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Jan 30, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 30, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 30, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Jan 31, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Jan 31, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Jan 31, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 1, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 1, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 1, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 2, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 2, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 2, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 4, 2024	Sun	Regular Season (Springfield College Meet)	@ TBD	9:00 AM	5:30 PM	Springfield College	<b>Bus/Driver:</b> Yankee Trails Erin Shaw 518-286-2400 ext. 218	<b>Departure Time:</b> 6:15 AM	L
Feb 5, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 5, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 5, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 6, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 6, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 6, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 7, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 7, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 7, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 8, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 8, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 8, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 9, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 9, 2024	Fri	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 9, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 10, 2024	Sat	Regular Season (State Qualifier at HVCC)	@ TBD	2:00 PM		Hudson Valley Community College	Bus/Driver: FIRST STUDENT	Departure Time: 12:45 PM	L
Feb 12, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 12, 2024	Mon	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 12, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 13, 2024	Tue	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 13, 2024	Tue	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 13, 2024	Tue	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 14, 2024	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 14, 2024	Wed	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 14, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 15, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 15, 2024	Thu	Practice	N/A	4:15 PM	5:15 PM	Albany High School Weight Room			
Feb 15, 2024	Thu	Practice	N/A	TBD		Albany High School Cardio Room			
Feb 16, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor			
Feb 16, 2024	Fri	Practice	N/A	TBD		Albany High School Cardio Room			
Mar 8, 2024	Fri	Regular Season (Nationals Armory NYC)	@ TBD	2:00 PM		TBD	Bus/Driver: Tech Valley	Departure Time: 11:00 AM Return Date: Return Time: 5:00 PM	NL

Date: 2024-05-19