



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	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		
Dec 1, 2023	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
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 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		
Dec 13, 2023	Wed	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 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		
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		
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	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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		
Jan 1, 2024	Mon	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
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		
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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		
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 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		
Jan 17, 2024	Wed	Practice	N/A	TBD		Albany High School Cardio Room		
Jan 18, 2024	Thu	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
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		
Jan 19, 2024	Fri	Practice	N/A	3:40 PM	5:15 PM	Albany High School 3rd Floor		
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 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		
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 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		
Jan 29, 2024	Mon	Practice	N/A	TBD		Albany High School Cardio Room		
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		
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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		
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 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		
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		

Date: 2024-05-07