



Amsterdam

(G) V Winter Track

Coaches:

- Stu Palczak, Head Coach
- Rick Russell, Asst Coach
- Olivia Rehm

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 7, 2019	Sat	Regular Season	@ TBD	9:00 AM		Hudson Valley Community College	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 6:20 AM	L
Dec 14, 2019	Sat	Regular Season	@ TBD	9:00 AM		Ithaca College	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 4:45 AM	L
Dec 21, 2019	Sat	Regular Season	@ TBD	8:00 AM		Union College	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 6:30 AM	L
Dec 27, 2019	Fri	Regular Season	@ TBD	8:00 AM		Union College	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 6:30 AM	L
Dec 29, 2019	Sun	Regular Season	@ TBD	9:45 AM		Utica College - Todd & Jen Hutton Sports and Rec Center	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 7:30 AM	L
Jan 5, 2020	Sun	Regular Season	@ TBD	9:45 AM		Springfield College	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 6:30 AM	L
Jan 11, 2020	Sat	Regular Season	@ TBD	8:00 AM		Union College	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 6:30 AM	L
Jan 18, 2020	Sat	Regular Season	TBD	1:45 PM		Union College	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 11:45 AM	L
Feb 2, 2020	Sun	Regular Season (Foothills Championship)	TBD	2:30 PM		SUNY Albany (U Albany)	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 12:30 PM	L
Feb 9, 2020	Sun	Regular Season (TCITL Freshman Champ)	@ TBD	8:00 AM		Hudson Valley Community College	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 6:15 AM	L
Feb 17, 2020	Mon	Regular Season (Division 2 Sectionals)	@ TBD	8:00 AM		SUNY Albany (U Albany)	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 6:15 AM	NL
Feb 23, 2020	Sun	Post-Season (State Qualifier)	TBD	9:00 AM		SUNY Albany (U Albany)	Bus/Driver: Amsterdam	Departure Point: LLA Departure Time: 7:00 AM	NL
Mar 7, 2020	Sat	Post-Season (NY State Meet - Ocean Breeze)	@ TBD	9:00 AM		Ocean Breeze Track & Field Athletic Complex, Staten Island			NL

