



# 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 |
|--------------|----------|---|-----------|------------|----------|---------------------------------|----------------------------|--|---------------------|
| Nov 23, 2022 | Wed      | Scrimmage   | @ TBD     | 9:30 AM    |          | Union College                   | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>8:30 AM  | NL                  |
| Dec 3, 2022  | Sat      | Regular Season  | @ TBD     | 1:45 PM    |          | Union College                   | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA                                       | L                   |
| Dec 10, 2022 | Sat      | Regular Season  | @ TBD     | 1:45 PM    |          | Union College                   | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>12:30 PM | L                   |
| Dec 18, 2022 | Sun      | Regular Season  | @ TBD     | 1:45 PM    |          | Union College                   | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>12:15 PM | L                   |
| Dec 30, 2022 | Fri      | Regular Season  | @ TBD     | 8:00 AM    |          | Union College                   | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>6:45 AM  | L                   |
| Jan 8, 2023  | Sun      | Regular Season (Ed Cepiel Invitational)                                 | @ TBD     | 9:45 AM    |          | Springfield College             | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA                                       | NL                  |
| Jan 14, 2023 | Sat      | Regular Season  | @ TBD     | 8:00 AM    |          | Union College                   | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>6:45 AM  | L                   |
| Jan 20, 2023 | Fri      | Regular Season (Foothills Championships/weight throw-South Glens Falls) | @ TBD     | 5:00 PM    |          | TBD                             | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>AHS<br><b>Departure Time:</b><br>3:30 PM  | L                   |
| Jan 21, 2023 | Sat      | Regular Season (TCITL Freshamn Championship)                            | @ TBD     | 3:00 PM    |          | Hudson Valley Community College | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA                                       | L                   |
| Jan 21, 2023 | Sat      | Regular Season (TCITL Freshamn Championship)                            | @ TBD     | 3:00 PM    |          | Hudson Valley Community College | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>1:00 PM  | L                   |
| Jan 22, 2023 | Sun      | Regular Season (Foothills Championship)                                 | @ TBD     | 8:00 AM    |          | Union College                   | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>6:45 AM  | L                   |
| Jan 28, 2023 | Sat      | Regular Season (Division II Sectionals)                                 | @ TBD     | 8:00 AM    |          | Union College                   | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>6:45 AM  | L                   |
| Feb 4, 2023  | Sat      | Post-Season (Sectionals for Shot Put and Weight throwers)               | @ TBD     | 12:30 PM   |          | TBD                             | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>11:00 AM | NL                  |
| Feb 5, 2023  | Sun      | Regular Season (State Qualifier)  | @ TBD     | 3:00 PM    |          | Hudson Valley Community College | <b>Bus/Driver:</b><br>GASD | <b>Departure Point:</b><br>LLA<br><b>Departure Time:</b><br>1:00 PM  | L                   |

Date: 2024-05-26