



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

Date: 2024-06-17