Coaches:

- Tom O'Malley, Head Coach
- Aidan O'Malley, Asst Coach
- Orville Ivey, Asst Coach
- Bob Burns, Asst Coach
- Neil Dickinson, Asst Coach
- Justin Van Epps, Asst Coach
- Jerry Spicer
- Kevin Creagan

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
POSTPONED Apr 1, 2020	Wed	Regular Season	Albany High School, Niskayuna High School, Ballston Spa High School @ Guilderland High School	4:15 PM	6:55 PM	GHS Track		L
POSTPONED Apr 7, 2020	Tue	Regular Season	Shenendehowa High School, Shaker High School	4:15 PM	6:55 PM	Puleo Stadium Field		L
Apr 11, 2020	Sat	Regular Season (CBA/LaSalle Relays)	@ LaSalle Institute	8:30 AM		LaSalle Institute HS		L
POSTPONED Apr 13, 2020	Mon	Regular Season (Ballston Spa Throw- off)	@ Ballston Spa High School	10:00 AM		Ballston Spa High School Gym		L
Apr 15, 2020	Wed	Regular Season (Frosh-Soph Invitational)	@ Fonda-Fultonville	3:30 PM		Fonda- Fultonville HS		L
POSTPONED Apr 17, 2020	Fri	Regular Season (Niskayuna Medley Relay Challenge)	Burnt Hills-Ballston Lake HS @ Niskayuna High School	4:00 PM		Schenectady High School Track		L
POSTPONED Apr 20, 2020	Mon	Regular Season	Saratoga Springs High School, Niskayuna High School	4:15 PM	6:55 PM	Puleo Stadium Field		L
POSTPONED Apr 28, 2020	Tue	Regular Season	Bethlehem High School @ Colonie High School	4:15 PM	6:55 PM	TBD		L
POSTPONED May 5, 2020	Tue	Regular Season	Guilderland High School @ Ballston Spa High School	4:15 PM	6:55 PM	Ballston Spa Track		L
CANCELLED May 19, 2020		Meet (SSC Championships)	Vs. Multiple	4:15 PM	8:55 PM	Track		NL
CANCELLED May 22, 2020	Fri	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM	8:55 PM	Track		NL

Date: 2025-12-06