

## Coaches:

- Aidan O'Malley
- Tom O'Malley, Head Coach
- Orville Ivey
- Bob Burns

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 6, 2024	Sat	Regular Season (Frigid Cup Invitational)	Ballston Spa High School @ Guilderland High School	10:00 AM		GHS Track			NL
Apr 10, 2024	Wed	Regular Season	Burnt Hills- Ballston Lake HS @ Bethlehem High School	4:15 PM	6:55 PM	High School Track	Bus/Driver: Yankee Trails	Departure Point: CBA Departure Time: 3:00 PM	L
Apr 13, 2024	Sat	Regular Season (CBA/LaSalle Relays)	Ballston Spa High School, LaSalle Institute	9:00 AM		LaSalle Academy, Troy New York			NL
Apr 15, 2024	Mon	Practice (TEAM PICTURES- Need uniform)	N/A	3:00 PM	3:15 PM	Puleo Stadium Field			
Apr 16, 2024	Tue	Regular Season	Shenendehowa High School @ Shaker High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School	Bus/Driver: Yankee Trails	Departure Point: CBA Departure Time: 3:00 PM	L
Apr 19, 2024	Fri	Regular Season (Medley Relay Challenge)	Colonie High School, Schenectady High School (Boys Varsity Track) @ Niskayuna High School	4:30 PM		High School			NL
Apr 20, 2024	Sat	Regular Season (Spring Track and Field Classic)	Ravena- Coeymans, Burnt Hills- Ballston Lake HS, Colonie High School, Ballston Spa High School, Amsterdam, Albany High School, Schenectady High School (Boys Varsity Track), Whitesboro @ Niskayuna High School	9:30 AM		High School			L

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Apr 24, 2024	Wed	Regular Season	Saratoga Springs High School, Niskayuna High School	4:15 PM	6:55 PM	CBA Track			L
Apr 26, 2024	Fri	Regular Season (Penn Relays)	@ TBD	TBD		Penn Relays; Franklin Field	Bus/Driver: CBA Van #3/BMac	Departure Point: CBA Departure Time: 3:00 PM	NL
Apr 27, 2024	Sat	Regular Season (Cohoes Relay)	@ Cohoes	9:00 AM		Cohoes HS			NL
Apr 27, 2024	Sat	Regular Season (Penn Relays)	@ TBD	TBD		Penn Relays; Franklin Field			NL
May 1, 2024	Wed	Regular Season	Colonie High School @ Bethlehem High School	4:15 PM	6:15 PM	High School Track	Bus/Driver: Yankee Trails	Departure Point: CBA Departure Time: 3:00 PM	L
May 4, 2024	Sat	Regular Season (Colonie Relays)	Ballston Spa High School, Shaker High School, Schenectady High School (Boys Varsity Track), Saratoga Springs High School, Albany High School, Cairo-Durham @ Colonie High School	TBD		Colonie High Track			L
May 8, 2024	Wed	Regular Season	Guilderland High School, Ballston Spa High School	4:15 PM	6:55 PM	CBA Track			L
May 10, 2024	Fri	Regular Season	Niskayuna High School, Burnt Hills-Ballston Lake HS, Ballston Spa High School, Bethlehem High School, Shaker High School, Albany High School, Schenectady High School (Boys Varsity Track), Colonie High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)	<b>Bus/Driver:</b> Premiere	Departure Point: CBA Departure Time: 3:00 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 15, 2024	Wed	Regular Season (Suburban Council boy's Championships)	Springs High School, Colonie High School, Albany High School, Troy, Bethlehem High School, Columbia High School, Ballston Spa High School, Guilderland High School @ Niskayuna High School	4:15 PM	7:00 PM	High School	Bus/Driver: Star & Strand	Departure Point: CBA Departure Time: 3:00 PM	L
May 18, 2024	Sat	Regular Season (Eddy Meet)	Ballston Spa High School, Shaker High School @ Schenectady High School (Boys Varsity Track)	9:00 AM		Larry Mulvaney Field			L
May 22, 2024	Wed	Meet (Section 2 Group 2 Championships)	Vs. Multiple	4:00 PM		APHS Track	Bus/Driver: Yankee Trails	Departure Point: CBA Departure Time: 3:00 PM	NL
May 30, 2024	Thu	Post-Season (State Qualifiers)	Schuylerville @ Guilderland High School	4:00 PM		GHS Track			L
May 31, 2024	Fri	Post-Season (State Qualifiers)	Schuylerville @ Guilderland High School	4:00 PM		GHS Track			L
Jun 7, 2024	Fri	Regular Season (NYS Outdoor Champs @ Cicero-N. Syracuse)	@ TBD	TBD		TBD			NL
Jun 8, 2024	Sat	Regular Season (NYS Outdoor Champs @ Cicero-N. Syracuse)	@ TBD	TBD		TBD			NL

Date: 2024-05-03