

## 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		DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 5, 2025	Sat	Regular Season (Guilderland Frigid Cup Invitational)	Saratoga Springs High School, Greenville, Schuylerville, Watervliet, Ravena- Coeymans @ Guilderland High School	10:00 AM	5:00 PM	GHS Track	Bus/Driver: No school transportation needed		L
Apr 9, 2025	Wed	Regular Season	@ 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
POSTPONED Apr 12, 2025	Sat	Regular Season (CBA/LaSalle Relays)	Colonie High School @ LaSalle Institute	8:30 AM		LaSalle Academy, Troy New York	Bus/Driver: No school transportation needed		L
Apr 23, 2025	Wed	Regular Season	Schenectady High School (Boys Varsity Track), Shaker High School	4:15 PM	6:55 PM	Puleo Stadium Field			L
Apr 24, 2025	Thu	Regular Season (Penn Relays 4/24-4/26)	@ TBD	TBD		Penn Relays; Franklin Field	Bus/Driver: No school transportation needed		NL
Apr 29, 2025	Tue	Regular Season	Saratoga Springs High School @ Colonie High School	4:15 PM	6:55 PM	Colonie High Track	Bus/Driver: Yankee Trails	Departure Point: CBA Departure Time: 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME		DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 3, 2025	Sat	Regular Season (Colonie Relays)	Ballston Spa High School, Albany High School, Greenville, Saratoga Springs High School, Saratoga Springs High School, Cooperstown, Schenectady High School (Boys Varsity Track), Shaker High School @ Colonie High School	TBD		Colonie High Track	Bus/Driver: No school transportation needed		L
May 7, 2025	Wed	Regular Season	Shenendehowa High School, Albany High School	4:15 PM	6:55 PM	Puleo Stadium Field			L
May 9, 2025	Fri	Regular Season (Shen Invy)	Scotia-Glenville, Ballston Spa High School, Colonie High School, Albany High School, Schenectady High School (Boys Varsity Track), Niskayuna High School, Burnt Hills-Ballston Lake HS, Shaker High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)	Bus/Driver: No school transportation needed		Ļ
May 14, 2025	Wed	Regular Season	Columbia High School	4:15 PM		Puleo Stadium Field			L
May 17, 2025	Sat	Regular Season (Eddy Meet)	Shenendehowa High School, Shaker High School, Burnt Hills-Ballston Lake HS, Amsterdam, Ballston Spa High School @ Schenectady High School (Boys Varsity Track)	8:00 AM	7:55 PM	Schenectady High School Track & Field			NL
May 21, 2025	Wed	Meet (SSC Championships)	Vs. Multiple	4:30 PM	7:55 PM	Mont Pleasant Middle School Field	Bus/Driver: Yankee Trails	Departure Point: CBA Departure Time: 3:00 PM	NL

DATE	WEEK	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 28, 2025	Wed	Regular Season (Group 1 Co-Ed Track Sectionals)		4:00 PM		Colonie High Track	<b>Bus/Driver:</b> Yankee Trails	Departure Point: CBA Departure Time: 3:00 PM	L
Jun 5, 2025	Thu	Post-Season (State Qualifiers )	Saratoga Springs High School, Watervliet, Lake George, Niskayuna High School, Shaker High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)			L
Jun 6, 2025	Fri	Post-Season (State Qualifiers )	Saratoga Springs High School, Watervliet, Lake George, Niskayuna High School, Shaker High School @ Shenendehowa High School	4:00 PM	8:00 PM	Shen High School East Stadium (Track)			L

Date: 2025-12-10