

## Coaches:

- Joe Bennett, Head Coach
- Ed Menis, Asst Coach
- Kathleen Carhart, Asst Coach
- Eric Graber, Asst Coach
- Verrol Jackson, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 9, 2024	Tue	Regular Season	@ Shenendehowa High School	4:15 PM	6:55 PM	Shen High School East Stadium (Track)	Departure Point: SHS Departure Time: 3:00 PM	L
Apr 13, 2024	Sat	Regular Season	@ LaSalle Institute	9:00 AM		LaSalle Institute HS	<b>Departure Time:</b> 7:30 AM	L
Apr 16, 2024	Tue	Regular Season	Columbia High School	4:15 PM	6:55 PM	Larry Mulvaney Field		L
Apr 19, 2024	Fri	Regular Season (Medley Relay Challenge)	Colonie High School, Christian Brothers Academy, Albany @ Niskayuna High School	4:30 PM		High School		NL
Apr 20, 2024	Sat	Regular Season (Spring Track and Field Classic)	Ravena-Coeymans, Christian Brothers Academy, Albany, Burnt Hills-Ballston Lake HS, Colonie High School, Ballston Spa High School, Amsterdam, Albany High School, Whitesboro @ Niskayuna High School	9:30 AM		High School		L
Apr 23, 2024	Tue	Regular Season	Albany High School @ Ballston Spa High School	4:15 PM	6:55 PM	Ballston Spa Track	Departure Point: SHS Departure Time: 3:00 PM	L
Apr 30, 2024	Tue	Regular Season	Troy	4:15 PM	6:55 PM	Larry Mulvaney Field		L
May 4, 2024	Sat	Regular Season (Colonie Relays)	Christian Brothers Academy, Albany, Ballston Spa High School, Shaker High School @ Colonie High School	TBD		Schenectady HS - Larry Mulvaney Field		L
May 7, 2024	Tue	Regular Season	Averill Park High School @ Burnt Hills-Ballston Lake HS	4:15 PM		BH-BL HS Track	Departure Point: SHS Departure Time: 3:00 PM	L
May 10, 2024	Fri	Regular Season	Christian Brothers Academy, Albany, Niskayuna High School, Burnt Hills- Ballston Lake HS, Ballston Spa High School, Bethlehem High School, Shaker High School, Albany High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 10, 2024	Fri	Regular Season (The Futures)	@ Mohonasen	4:00 PM		Mohonasen HS	Departure Point: SHS Departure Time: 2:45 PM	L
May 15, 2024	Wed	Regular Season (Suburban Council boy's Championships)	Shenendehowa High School, Averill Park High School, Burnt Hills-Ballston Lake HS, Christian Brothers Academy, Albany, Shaker High School, Saratoga Springs High School, Colonie High School, Troy, Bethlehem High School, Columbia High School, Columbia High School, Ballston Spathigh School, Guilderland High School @ Niskayuna High School	4:15 PM	7:00 PM	High School	Departure Point: SHS Departure Time: 2:45 PM	L
May 18, 2024	Sat	Regular Season (Eddy Meet)	Christian Brothers Academy, Albany, Ballston Spa High School, Shaker High School	9:00 AM		Larry Mulvaney Field		L

Date: 2024-04-17