

## 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 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 26, 2024	Fri	Regular Season	@ Sauquoit Valley	4:30 PM		Stadium Field	Departure Point: SHS Departure Time: 12:30 PM	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 (The Futures)	@ Mohonasen	4:00 PM		Mohonasen HS	Departure Point: SHS Departure Time: 2:45 PM	L

DATE	WEE! DAY	<sup>K</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
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			Shen High School East Stadium (Track)		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 Spatigh School @ Niskayuna High School	' 4:15 ' PM	7:00 PM	High School	Departure Point: SHS Departure Time: 2:45 PM	L

Date: 2024-04-23