

## Coaches:

- 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 2, 2022	Sat	Regular Season (Watervliet Invy)	@ Watervliet	10:00 AM		Watervliet HS	Departure Point: SHS Departure Time: 8:00 AM	NL
Apr 5, 2022	Tue	Regular Season	@ Saratoga Springs High School	4:15 PM	6:55 PM	Saratoga Springs High School	Departure Point: SHS Departure Time: 2:45 PM	L
Apr 9, 2022	Sat	Regular Season (CBA Relays @LaSalle)	Albany High School, Colonie High School @ Christian Brothers Academy, Albany	9:00 AM	1:00 PM	LaSalle Academy, Troy New York	<b>Departure Point:</b> SHS	NL
Apr 12, 2022	Tue	Regular Season	Columbia High School	4:15 PM	6:55 PM	Larry Mulvaney Field		L
Apr 16, 2022	Sat	Meet (Ballston Spa Track Invitational )	Vs. Multiple	9:00 AM		Ballston Spa Track		NL
Apr 19, 2022	Tue	Regular Season (Freshman/Sophomore)	@ Fonda- Fultonville	TBD		Fonda- Fultonville HS	<b>Departure Point:</b> SHS	NL
Apr 22, 2022	Fri	Regular Season (Nisky Relays @ Mohon)	Colonie High School, Ballston Spa High School, Shaker High School @ Niskayuna High School	4:15 PM		Mohonasen High School	<b>Departure Point:</b> SHS	NL
Apr 23, 2022	Sat	Regular Season (Warrior Classic)	@ Mohonasen	TBD		Mohonasen HS	<b>Departure Point:</b> SHS	NL
Apr 27, 2022	Wed	Regular Season 76-101-77 L	Ballston Spa High School @ Albany High School	4:15 PM	6:55 PM	Albany Turf Stadium Field	Departure Point: SHS Departure Time: 2:45 PM	L
Apr 30, 2022	Sat	Regular Season (Cohoes Relays)	@ Cohoes	TBD		TBD	<b>Departure Point:</b> SHS	NL
May 3, 2022	Tue	Regular Season	Troy	4:15 PM	6:55 PM	Larry Mulvaney Field		L
May 7, 2022	Sat	Regular Season (Colonie Relays)	Shenendehowa High School, TBD @ Colonie High School	TBD		Colonie High Track	<b>Departure Point:</b> SHS	NL
May 10, 2022	Tue	Regular Season	Averill Park High School @ Burnt Hills-Ballston Lake HS	4:15 PM	6:55 PM	BH-BL HS Track	Departure Point: SHS Departure Time: 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 13, 2022	Fri	Regular Season (SHEN INVY)	Shaker High School, Niskayuna High School, Colonie High School, Bethlehem High School, Ballston Spa High School, Albany High School, Guilderland High School @ Shenendehowa High School	4:00 PM	10:00 PM	Shen High School East Stadium (Track)	Departure Point: SHS Departure Time: 2:30 PM	L
May 13, 2022	Fri	Regular Season (Futures Relay)	@ Mohonasen	TBD		TBD	<b>Departure Point:</b> SHS	NL
May 17, 2022	Tue	Meet (Boys SSC Championship Outdoor Track 2022)	Vs. Multiple	4:15 PM	7:00 PM	Track	Departure Point: SHS Departure Time: 2:30 PM	NL
May 19, 2022	Thu	Post-Season (JV Championships)	Albany High School, Averill Park High School, Ballston Spa High School, Bethlehem High School, Burnt Hills-Ballston Lake HS, Christian Brothers Academy, Albany, Colonie High School, Columbia High School, Guilderland High School, Shaker High School, Shenendehowa High School, Niskayuna High School @ Saratoga Springs High School	4:15 PM		Saratoga Springs High School		NL
POSTPONED May 21, 2022	Sat	Regular Season (Eddy Meet)	Queensbury	TBD		Schenectady High School Track & Field		NL
May 25, 2022	Wed	Regular Season (Sectionals)	@ Colonie High School	4:15 PM		Colonie High Track	Departure Point: SHS Departure Time: 2:45 PM	L

Date: 2025-12-24