

Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME		TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 27, 2019	Wed	Regular Season	Saratoga Springs High School	4:15 PM	Larry Mulvaney Field		L
Apr 2, 2019	Tue	Regular Season	@ Columbia High School	4:15 PM	TBD	Departure Time: 2:30 PM	L
Apr 9, 2019	Tue	Regular Season	Ballston Spa High School, Albany High School	4:15 PM	Larry Mulvaney Field	I	L
Apr 12, 2019	Fri	Regular Season (MEDLEY RELAY CHALLENGE)	Burnt Hills-Ballston Lake HS @ Niskayuna High School	4:00 PM	High School		L
Apr 13, 2019	Sat	Regular Season (Warrior Track Classic)	Shenendehowa High School, Queensbury, Bethlehem High School, Burnt Hills- Ballston Lake HS, South Glens Falls @ Niskayuna High School	9:15 AM	High School		L
Apr 16, 2019	Tue	Regular Season	@ Troy	4:15 PM	Track	Departure Time: 2:30 PM	L
Apr 18, 2019	Thu	Regular Season (Watervliet Invitational)	@ Watervliet	4:00 PM	Watervliet HS		L
POSTPONED Apr 27, 2019	Sat	Meet (Cohoes Relays)	Vs. Multiple	9:00 AM	TBD	Departure Time: 7:00 AM	NL
May 1, 2019	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Averill Park High School	4:15 PM	APHS Track	Departure Time: 2:30 PM	L
May 4, 2019	Sat	Regular Season (Colonie Relays)	Niskayuna High School, Shaker High School, Shenendehowa High School, Ballston Spa High School, Bethlehem High School, Albany High School, Burnt Hills- Ballston Lake HS @ Colonie High School	8:00 AM	Colonie High Track	Departure Time: 7:30 AM	L
May 10, 2019	Fri	Meet (SHEN INVITATIONAL)	Vs. Multiple	4:00 PM	Shen High School East Stadium (Track)	Departure Time: 7:30 AM	NL
May 15, 2019	Wed	Meet (SSC Championships)	Vs. Multiple	4:15 PM	BH-BL HS Track	Departure Time: 3:00 PM	NL
May 17, 2019	Fri	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM	Saratoga Springs High School	Departure Time: 2:30 PM	NL
May 18, 2019	Sat	Regular Season (WIlliam F Eddy JR. Meet)	Beaver River	9:00 AM	Pat Riley Sports Center- Intramural Gym		NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 18, 2019	Sat	Regular Season (EDDY MEET)	Guilderland High School, Colonie High School, Albany High School	9:00 AM	4:00 PM	Pat Riley Sports Center- Intramural Gym		L
May 18, 2019	Sat	Meet (Eddy Meet at Schenectady HS)	Vs. Multiple	9:00 AM		Larry Mulvaney Field		NL
May 18, 2019	Sat	Regular Season (Eddy Meet)	Tully, Shaker High School	9:00 AM		Pat Riley Sports Center- Intramural Gym		NL
May 18, 2019	Sat	Regular Season (Eddy Meet)	Amsterdam	9:00 AM		Pat Riley Sports Center- Intramural Gym		L
May 22, 2019	Wed	Regular Season (Sectionals)	@ Guilderland High School	3:00 PM		Guilderland High School	Departure Time: 1:30 PM	L
May 22, 2019	Wed	Post-Season (Group 1 Co-Ed Sectionals)	Shenendehowa High School, Albany High School, Saratoga Springs High School, Shaker High School, Bethlehem High School, Colonie High School, Niskayuna High School, Columbia High School, Ballston Spa High School, Troy, Queensbury, Amsterdam @ Guilderland High School	3:00 PM	8:00 PM	GHS Track		NL
May 30, 2019	Thu	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)		NL
May 31, 2019	Fri	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)	Departure Time: 2:30 PM	NL
Jun 7, 2019	Fri	Post-Season (State Meet)	@ Middletown	TBD		Middletown HS		NL

Date: 2024-05-15