

Coaches:

- Kathleen Carhart, Asst Coach
- Eric Graber, Asst Coach
- Ed Menis, Asst Coach
- Verrol Jackson, Asst Coach
- Richard DeCarr, 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 13, 2022	Wed	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		TBD	Departure Point: SHS	NL
Apr 22, 2022	Fri	Regular Season (Medley Relay Challenge at Mohonasen HS)	Niskayuna High School, Colonie High School, Ballston Spa High School @ TBD	4:15 PM		Mohonasen High School		L
Apr 23, 2022	Sat	Regular Season (Warrior Classic)	@ Mohonasen	TBD		TBD	Departure Point: SHS	NL
Apr 27, 2022	Wed	Regular Season	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	Departure Point: SHS	NL
May 3, 2022	Tue	Regular Season	Troy	4:15 PM	6:55 PM	Larry Mulvaney Field		L
May 11, 2022	Wed	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
May 13, 2022	Fri	Regular Season (SHEN INVY)	Shaker High School, Niskayuna High School, Burnt Hills-Ballston Lake HS, 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		Mohonasen HS	Departure Point: SHS	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 18, 2022	Wed	Meet (Girls SSC Outdoor Track Championship 2022)	Vs. Multiple	4:15 PM	7:00 PM	APHS Track	Departure Point: SHS Departure Time: 2:30 PM	NL
May 19, 2022	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM	8:25 PM	APHS Track	Departure Point: SHS Departure Time: 2:30 PM	NL
POSTPONED May 21, 2022	Sat	Regular Season (Eddy Meet)	Queensbury	TBD		Larry Mulvaney 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: 2025-12-19