



Averill Park High School

(G) V Outdoor Track

Coaches:

- Nate Luskin, Head Coach
- Lauren Tourtellott, Asst Coach
- Dick Abbatiello, Asst Coach
- Zach Gobel, Asst Coach
- Scott Galinski, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 1, 2023	Sat	Regular Season (Guilderland Frigid Cup Invitational)	Ballston Spa High School, Bethlehem High School, Catholic Central, Troy, Fair Haven, Ichabod Crane, Shaker High School @ Guilderland High School	10:00 AM		GHS Track	Departure Point: APHS Departure Time: 8:00 AM	NL
Apr 4, 2023	Tue	Regular Season	@ Shaker High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School	Departure Point: APHS Departure Time: 2:45 PM	L
Apr 10, 2023	Mon	Meet (Ballston Spa Field Events Invite)	Vs. Multiple	9:30 AM		Ballston Spa Track	Departure Point: APHS Departure Time: 8:00 AM	NL
Apr 19, 2023	Wed	Regular Season	Troy @ Ballston Spa High School	4:15 PM	6:55 PM	Ballston Spa Track	Departure Point: APHS Departure Time: 2:30 PM	L
Apr 21, 2023	Fri	Regular Season (Niskayuna Medley Relay Challenge)	Schenectady High School (Girls Varsity Track), Guilderland High School, Colonie High School, Burnt Hills-Ballston Lake HS @ Niskayuna High School	4:30 PM		Mohonasen High School	Departure Point: APHS Departure Time: 2:15 PM	NL
Apr 25, 2023	Tue	Regular Season	Columbia High School	4:15 PM	6:55 PM	APHS Track		L
Apr 28, 2023	Fri	Meet (Penn Relays)	Vs. Multiple	9:00 AM		University of Pennsylvania	Departure Point: APHS Departure Time: 10:00 AM	NL
Apr 29, 2023	Sat	Meet (Cohoes Relays)	Vs. Multiple	9:00 AM		Cohoes HS	Departure Point: APHS Departure Time: 7:30 AM	NL
May 3, 2023	Wed	Regular Season	@ Albany High School	4:15 PM	6:55 PM	Albany Turf Stadium Field	Departure Point: APHS Departure Time: 2:45 PM	L
May 5, 2023	Fri	Meet (Lansingburgh Knight at the Races)	Vs. Multiple	4:00 PM		Lansingburgh High School	Departure Point: APHS Departure Time: 2:30 PM	NL
May 9, 2023	Tue	Regular Season	Schenectady High School (Girls Varsity Track), Burnt Hills-Ballston Lake HS	4:15 PM	6:55 PM	APHS Track		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 12, 2023	Fri	Meet (Shen Invy)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)	Departure Point: AMS Departure Time: 2:30 PM	NL
May 17, 2023	Wed	Meet (SSC Championships)	Vs. Multiple	4:00 PM	7:55 PM	APHS Track		NL
May 18, 2023	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:00 PM	7:55 PM	GHS Track	Departure Point: APHS Departure Time: 2:15 PM	NL
May 20, 2023	Sat	Meet (William F. Eddy Jr. Memorial Meet)	Vs. Multiple	9:00 AM		Schenectady High Track & Field		NL
May 24, 2023	Wed	Meet (Section 2 Group 2 Championships)	Vs. Multiple	4:00 PM	8:55 PM	APHS Track		NL
Jun 1, 2023	Thu	Meet (Section 2 State Qualifiers)	Vs. Multiple	5:00 PM		Shen High School East Stadium (Track)		NL
Jun 2, 2023	Fri	Meet (Section 2 State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)	Departure Point: APHS Departure Time: 2:30 PM	NL
Jun 9, 2023	Fri	Meet (NYSPHSAA Championships)	Vs. Multiple	11:00 AM		Middletown HS		NL
Jun 10, 2023	Sat	Meet (NYSPHSAA Championships)	Vs. Multiple	10:00 AM		Middletown HS		NL

Date: 2024-05-11