



Averill Park High School

(G) V Outdoor Track

Coaches:

- Nate Luskin, Head Coach
- Dick Abbatiello, Asst Coach
- Jamie Cocca, Asst Coach
- Emily Crowley, Asst Coach
- John Giannone, Asst Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION / 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 | |
| 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 | |

| 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 School 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: 2026-01-23