

# Ballston Spa High School

## (B) V Outdoor Track

- Coaches:
- Theresa Rousseau, Head Coach
  - Gary Older, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 1, 2024	Mon	Regular Season (Ballston Spa Field Events invite)	Amsterdam	9:00 AM		Ballston Spa Track		NL
Apr 1, 2024	Mon	Meet (Ballston Spa Field Event Challenge)	Vs. Multiple	9:00 AM		Ballston Spa Track		NL
Apr 6, 2024	Sat	Regular Season (Frigid Cup Invitational)	Christian Brothers Academy, Albany @ Guilderland High School	10:00 AM	5:00 PM	GHS Track	Departure Time: 7:45 AM	NL
Apr 9, 2024	Tue	Regular Season	Colonie High School	4:15 PM	6:55 PM	Ballston Spa Track		L
Apr 13, 2024	Sat	Regular Season (CBA/LaSalle Relays)	LaSalle Institute @ Christian Brothers Academy, Albany	9:00 AM		LaSalle Academy, Troy New York	Departure Time: 7:00 AM	NL
Apr 17, 2024	Wed	Regular Season	Averill Park High School @ Troy	4:15 PM	6:55 PM	Track	Departure Time: 2:45 PM	L
Apr 20, 2024	Sat	Regular Season (Spring Track and Field Classic)	Ravena-Coeymans, Christian Brothers Academy, Albany, Burnt Hills-Ballston Lake HS, Colonie High School, Amsterdam, Albany High School, Schenectady High School (Boys Varsity Track), Whitesboro @ Niskayuna High School	9:30 AM		High School	Departure Time: 7:30 AM	L
Apr 20, 2024	Sat	Regular Season (Icahn Stadium - 4-5 athletes)	@ TBD	TBD		TBD		L
Apr 23, 2024	Tue	Regular Season	Schenectady High School (Boys Varsity Track), Albany High School	4:15 PM	6:55 PM	Ballston Spa Track		L
Apr 27, 2024	Sat	Regular Season (Luciano Track Invitational)	Schuylerville, Lake George, Burnt Hills-Ballston Lake HS, Broadalbin-Perth, Saratoga Springs High School, South Glens Falls @ Hudson Falls	10:00 AM		Hudson Falls HS	Departure Time: 7:00 AM	NL
May 1, 2024	Wed	Regular Season	Burnt Hills-Ballston Lake HS @ Columbia High School	4:15 PM	6:15 PM	Columbia H.S.	Departure Time: 2:35 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 4, 2024	Sat	Regular Season (Colonie Relays)	Christian Brothers Academy, Albany, Shaker High School, Schenectady High School (Boys Varsity Track), Saratoga Springs High School, Albany High School, Cairo-Durham @ Colonie High School	TBD		Colonie High Track	<b>Departure Time:</b> 7:00 AM	L
May 8, 2024	Wed	Regular Season	Guilderland High School @ Christian Brothers Academy, Albany	4:15 PM	6:55 PM	CBA Track	<b>Departure Time:</b> 2:45 PM	L
May 10, 2024	Fri	Regular Season	Christian Brothers Academy, Albany, Niskayuna High School, Burnt Hills-Ballston Lake HS, Bethlehem High School, Shaker High School, Albany High School, Schenectady High School (Boys Varsity Track), Colonie High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)	<b>Departure Time:</b> 2:30 PM	L
May 15, 2024	Wed	Regular Season (Suburban Council boy's Championships)	Shenendehowa High School, Averill Park High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Boys Varsity Track), Christian Brothers Academy, Albany, Shaker High School, Saratoga Springs High School, Colonie High School, Albany High School, Troy, Bethlehem High School, Columbia High School, Guilderland High School @ Niskayuna High School	4:15 PM	7:00 PM	High School	<b>Departure Time:</b> 2:45 PM	L
May 18, 2024	Sat	Regular Season (Eddy Meet)	Christian Brothers Academy, Albany, Shaker High School @ Schenectady High School (Boys Varsity Track)	9:00 AM		Larry Mulvaney Field	<b>Departure Time:</b> 7:30 AM	L
May 30, 2024	Thu	Post-Season (State Qualifiers at Guilderland)	@ TBD	TBD		TBD		L
May 31, 2024	Fri	Post-Season (State Qualifiers at Guilderland )	@ TBD	TBD		TBD		L
Jun 7, 2024	Fri	Post-Season (State Championships @ Cicero North )	@ TBD	TBD		TBD		L
Jun 8, 2024	Sat	Post-Season (State Championships @ Cicero North)	@ TBD	TBD		TBD		L

Date: 2024-05-04