

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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 27, 2019	Wed	Regular Season	@ Niskayuna High School	4:15 PM		High School		Departure Point: high school Departure Time: 2:45 PM	L
Apr 2, 2019	Tue	Regular Season	Troy, Averill Park High School	4:15 PM		Ballston Spa Track			L
Apr 9, 2019	Tue	Regular Season	Albany High School @ Schenectady High School (Boys Varsity Track)	4:15 PM		Larry Mulvaney Field		Departure Point: high school Departure Time: 2:45 PM	L
Apr 11, 2019	Thu	Regular Season (JV meet at Guilderland)	@ TBD	4:15 PM		Ballston Spa High School Gym		Departure Time: 2:30 PM	L
Apr 13, 2019	Sat	Meet (CBA/LaSalle Relays)	Vs. Multiple	8:30 AM		LaSalle Academy, Troy New York		Departure Time: 7:15 AM	NL
Apr 16, 2019	Tue	Regular Season	Columbia High School, Burnt Hills-Ballston Lake HS	4:15 PM		Ballston Spa Track			L
Apr 20, 2019	Sat	Regular Season	@ Albany Academies	TBD		TBD		Departure Time: 7:15 AM	L
Apr 22, 2019	Mon	Meet (Ballston Spa Throw Off)	Vs. Multiple	11:00 AM		Ballston Spa High School Gym			NL
Apr 27, 2019	Sat	Meet (The Anthony Luciano Memorial)	Vs. Multiple	9:00 AM	6:30 PM	Hudson Falls HS		Departure Time: 7:30 AM	NL
Apr 30, 2019	Tue	Regular Season	Christian Brothers Academy, Albany @ Guilderland High School	4:15 PM		GHS Track		Departure Point: middle school Departure Time: 2:35 PM	L
May 4, 2019	Sat	Regular Season (Colonie Relays)	Niskayuna High School, Shaker High School, Shenendehowa High School, Schenectady High School (Boys Varsity Track), Bethlehem High School, Albany High School, Burnt Hills-Ballston Lake HS @ Colonie High School	TBD		Colonie High Track		Departure Point: middle school by track Departure Time: 7:30 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 10, 2019	Fri	Meet (SHEN INVITATIONAL)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)		Departure Point: middle school by track Departure Time: 2:45 PM	NL
May 14, 2019	Tue	Meet (SSC Championships)	Vs. Multiple	4:15 PM		Track		Departure Point: middle school by track Departure Time: 2:30 PM	NL
May 16, 2019	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM		Saratoga Springs High School		Departure Point: middle school by track Departure Time: 2:45 PM	NL
May 17, 2019	Fri	Regular Season (Schuylerville Classic)	@ TBD	3:45 PM		TBD		Departure Point: middle school by track Departure Time: 1:30 PM	L
May 18, 2019	Sat	Meet (Eddy Meet at Schenectady HS)	Vs. Multiple	9:00 AM		Larry Mulvaney Field	Bus/Driver: no transportation required		NL
May 22, 2019	Wed	Post-Season (Group 1 Co-Ed Sectionals)	Shenendehowa High School, Schenectady High School (Boys Varsity Track), Albany High School, Saratoga Springs High School, Shaker High School, Bethlehem High School, Colonie High School, Niskayuna High School, Columbia High School, Troy, Queensbury, Amsterdam, LaSalle Institute @ Guilderland High School	3:00 PM	8:00 PM	GHS Track		Departure Point: middle school by track Departure Time: 12:15 PM	NL
May 30, 2019	Thu	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)		Departure Point: middle school by track Departure Time: 1:20 PM	NL
May 31, 2019	Fri	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)		Departure Point: middle school by track Departure Time: 1:20 PM	NL
Jun 7, 2019	Fri	Post-Season	@ TBD	TBD		Middletown High School			L