

# 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, 2023	Sat	Regular Season (FRIGID CUP INVY)	Averill Park High School, Bethlehem High School, Catholic Central, Troy, Christian Brothers Academy, Albany, Columbia High School, Fair Haven, Ichabod Crane, Shaker High School @ Guilderland High School	10:00 AM	3:00 PM	GHS Track		NL
Apr 1, 2023	Sat	Regular Season (Guilderland Track Invitational )	@ TBD	10:00 AM		TBD	<b>Departure Time:</b> 8:00 AM	L
Apr 5, 2023	Wed	Regular Season	@ Colonie High School	4:15 PM	6:55 PM	Colonie High Track	<b>Departure Time:</b> 2:45 PM	L
Apr 8, 2023	Sat	Regular Season (CBA/LaSalle Relays at LaSalle Institute)	@ TBD	9:00 AM		TBD	<b>Departure Time:</b> 7:00 AM	L
Apr 10, 2023	Mon	Meet (Ballston Spa Field Challenge)	Vs. Multiple	9:30 AM		Ballston Spa Track		NL
CANCELLED Apr 15, 2023	Sat	Meet (Ballston Spa Invitational)	Vs. Multiple	8:45 AM		Ballston Spa Track		NL
Apr 19, 2023	Wed	Regular Season	Troy, Averill Park High School	4:15 PM	6:55 PM	Ballston Spa Track		L
Apr 22, 2023	Sat	Regular Season (Warrior Classic at Mohonasen High School )	@ TBD	TBD		TBD	<b>Departure Point:</b> tennis courts <b>Departure Time:</b> 7:15 AM	L
Apr 26, 2023	Wed	Regular Season	Albany High School @ Schenectady High School (Boys Varsity Track)	4:15 PM	6:55 PM	Larry Mulvaney Field	<b>Departure Time:</b> 2:45 PM	L
Apr 29, 2023	Sat	Regular Season (Anthony Luciano Memorial Track Invitational)	Coxsackie-Athens, Greenville, Saranac, Queensbury, South Glens Falls, Glens Falls, Burnt Hills-Ballston Lake HS, Schuylerville, Guilderland High School, Beekmantown, Ausable Valley, Broadalbin-Perth, Shaker High School, Lake George, Ichabod Crane, Greenwich, Mount Anthony, Stillwater, Scotia-Glenville, Taconic Hills @ Hudson Falls	9:30 AM		Hudson Falls HS	<b>Departure Time:</b> 7:00 AM	NL
Apr 29, 2023	Sat	Regular Season (Loucks Games - White Plains High School)	@ TBD	TBD		TBD		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 3, 2023	Wed	Regular Season	Columbia High School, Burnt Hills-Ballston Lake HS	4:15 PM	6:55 PM	Ballston Spa Track		L
May 6, 2023	Sat	Regular Season (Colonie Relays)	@ TBD	TBD		TBD	<b>Departure Time:</b> 10:00 AM	L
May 10, 2023	Wed	Regular Season	Christian Brothers Academy, Albany @ Guilderland High School	4:15 PM	6:55 PM	GHS Track	<b>Departure Time:</b> 2:35 PM	L
May 12, 2023	Fri	Regular Season (Shenedehowa Invitational )	@ TBD	4:00 PM		TBD	<b>Departure Time:</b> 2:30 PM	L
May 16, 2023	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM	7:55 PM	Saratoga Springs High School	<b>Departure Time:</b> 2:45 PM	NL
May 18, 2023	Thu	Meet (SSC JV Championships (Troy HS))	Vs. Multiple	4:00 PM	7:55 PM	Track	<b>Departure Time:</b> 2:45 PM	NL
May 20, 2023	Sat	Regular Season (Eddy Meet at Schenectady High School )	@ TBD	9:00 AM		TBD	<b>Departure Time:</b> 7:00 AM	L
May 24, 2023	Wed	Post-Season (Sectionals at Colonie )	@ TBD	4:00 PM		Colonie High School	<b>Departure Time:</b> 2:35 PM	L
Jun 1, 2023	Thu	Post-Season (State Qualifier Meet @ Shen)	@ TBD	5:00 PM		TBD	<b>Departure Point:</b> with girls	L
Jun 2, 2023	Fri	Post-Season (State Qualifiers at Shen)	@ TBD	4:00 PM		TBD	<b>Departure Point:</b> with girls	L
Jun 9, 2023	Fri	Post-Season (State Championships - Middletown High School )	@ TBD	TBD		TBD		L
Jun 10, 2023	Sat	Post-Season (State Championships - Middletown High School)	@ TBD	TBD		TBD		L

Date: 2024-04-10