

# Ballston Spa High School

## (G) V Outdoor Track

### Coaches:

- James Gordon, Head Coach
- Benjamin Guerin, Asst Coach
- Matthew Germann, Asst Coach

| DATE                   | WEEK DAY | TYPE   | OPPONENTS   | START TIME | END TIME | LOCATION             | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|---|------------|----------|----------------------|---|---------------------|
| Apr 1, 2023            | Sat      | Regular Season (Guilderland Track Invitational )             | @ TBD   | 10:00 AM   |          | TBD                  | <b>Departure Time:</b><br>8:00 AM   | L                   |
| Apr 1, 2023            | Sat      | Regular Season (Guilderland Frigid Cup Invitational)         | Averill Park High School, Bethlehem High School, Catholic Central, Troy, Fair Haven, Ichabod Crane, Shaker High School @ Guilderland High School  | 10:00 AM   |          | GHS Track            |   | NL                  |
| Apr 5, 2023            | Wed      | Regular Season   | @ Colonie High School   | 4:15 PM    | 6:55 PM  | Colonie High Track   | <b>Departure Time:</b><br>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><br>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                  | <b>Departure Point:</b><br>tennis courts<br><b>Departure Time:</b><br>7:15 AM | L                   |
| Apr 26, 2023           | Wed      | Regular Season   | Albany High School @ Schenectady High School (Girls Varsity Track)  | 4:15 PM    | 6:55 PM  | Larry Mulvaney Field | <b>Departure Time:</b><br>2:45 PM   | L                   |
| Apr 29, 2023           | Sat      | Regular Season (Anthony Luciano Memorial Track Invitational) | Coxsackie-Athens, Greenville, Queensbury, South Glens Falls, Glens Falls, Saranac, Burnt Hills-Ballston Lake HS, Schuylerville, Beekmantown, Ausable Valley, Broadalbin-Perth, Lake George, Ichabod Crane, Greenwich, Mount Anthony, Stillwater, Emma Willard, Scotia-Glenville, Taconic Hills @ Hudson Falls | 9:30 AM    | 4:00 PM  | Hudson Falls HS      | <b>Departure Time:</b><br>7:00 AM   | NL                  |
| Apr 29, 2023           | Sat      | Regular Season (Loucks Games - White Plains High School)     | @ TBD   |            |          | TBD                  |   | L                   |
| May 2, 2023            | Tue      | 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                  | <b>Departure Time:</b><br>10:00 AM  | L                   |

| DATE         | WEEK DAY | TYPE   | OPPONENTS                 | START TIME | END TIME | LOCATION            | TRANSPORTATION                            | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---------------------------|------------|----------|---------------------|---|---------------------|
| May 9, 2023  | Tue      | Regular Season 50-127 L  | @ Guilderland High School | 4:15 PM    | 6:55 PM  | GHS Track           | <b>Departure Time:</b><br>2:45 PM         | L                   |
| May 12, 2023 | Fri      | Regular Season (Shenendehowa Invitational )                    | @ TBD                     | 4:00 PM    |          | TBD                 | <b>Departure Point:</b><br>ride with boys | L                   |
| May 17, 2023 | Wed      | Meet (SSC Championships)                                       | Vs. Multiple              | 4:00 PM    | 7:55 PM  | APHS Track          | <b>Departure Time:</b><br>2:45 PM         | NL                  |
| May 18, 2023 | Thu      | Meet (SSC JV Championships)                                    | Vs. Multiple              | 4:00 PM    | 7:55 PM  | GHS Track           | <b>Departure Time:</b><br>2:45 PM         | NL                  |
| May 20, 2023 | Sat      | Regular Season (Eddy Meet at Schenectady High School )         | @ TBD                     | 9:00 AM    |          | TBD                 | <b>Departure Point:</b><br>with boys      | L                   |
| May 24, 2023 | Wed      | Post-Season (Sectionals at Colonie )                           | @ TBD                     | 4:00 PM    |          | Colonie High School | <b>Departure Time:</b><br>2:35 PM         | L                   |
| Jun 1, 2023  | Thu      | Post-Season (State Qualifier Meet @ Shen)                      | @ TBD                     | 5:00 PM    |          | TBD                 | <b>Departure Time:</b><br>3:30 PM         | L                   |
| Jun 2, 2023  | Fri      | Post-Season (State Qualifiers at Shen)                         | @ TBD                     | 4:00 PM    |          | TBD                 | <b>Departure Time:</b><br>2:15 PM         | L                   |
| Jun 9, 2023  | Fri      | Post-Season (State Championships - Middletown High School )    | @ TBD                     |            |          | TBD                 |   | L                   |
| Jun 10, 2023 | Sat      | Regular Season (State Championships - Middletown High School ) | @ TBD                     |            |          | TBD                 |   | L                   |

Date: 2026-01-20