

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 / 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)	Shaker High School @ Guilderland High School	10:00 AM	5:00 PM	GHS Track	Departure Time: 8:00 AM NL
Apr 9, 2024	Tue	Regular Season 89-86 W	Colonie High School	4:15 PM	6:55 PM	Ballston Spa Track	L
Apr 13, 2024	Sat	Regular Season (CBA/LaSalle Relays)	LaSalle Institute, Saratoga Springs High School @ Christian Brothers Academy, Albany	8:30 AM		LaSalle Academy, Troy New York	Departure Time: 7:00 AM NL
Apr 17, 2024	Wed	Regular Season 88-26-66 W	Averill Park High School @ Troy	4:15 PM		Track	Departure Time: 2:45 PM L
Apr 19, 2024	Fri	Regular Season (Medley Relay Challenge)	Burnt Hills-Ballston Lake HS, Troy, Schenectady High School (Girls Varsity Track) @ Niskayuna High School	4:30 PM		Niskayuna High School	Departure Point: No transport 4 x 100 only NL
Apr 20, 2024	Sat	Regular Season (Spring Track and Field Classic)	Burnt Hills-Ballston Lake HS, Troy, Colonie High School, Albany High School, Schenectady High School (Girls Varsity Track), Amsterdam @ Niskayuna High School	9:30 AM		Niskayuna High School	Departure Time: 7:30 AM L
Apr 23, 2024	Tue	Regular Season 120-56-31 W	Schenectady High School (Girls 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, Burnt Hills-Ballston Lake HS, Lake George, Broadalbin-Perth, Shaker 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	6:45 PM	Columbia H.S.	Departure Time: 2:35 PM L
May 4, 2024	Sat	Regular Season (Colonie Relays)	Burnt Hills-Ballston Lake HS, Shaker High School, Schenectady High School (Girls Varsity Track), Saratoga Springs High School, Albany High School, Cairo-Durham @ Colonie High School	TBD		Colonie High Track	Departure Time: 7:00 AM L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 8, 2024	Wed	Regular Season	@ Guilderland High School	4:15 PM	6:30 PM	GHS Track	Departure Time: 2:45 PM	L
May 10, 2024	Fri	Regular Season	Niskayuna High School, Burnt Hills-Ballston Lake HS, Troy, Bethlehem High School, Shaker High School, Albany High School, Schenectady High School (Girls Varsity Track), Colonie High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)	Departure Time: 2:30 PM	L
May 11, 2024	Sat	Regular Season (Louck Games (Track Meet) - White Plains High School)	@ TBD	TBD	TBD			L
May 14, 2024	Tue	Regular Season (Suburban Council Girl's Championships)	Albany High School, Shenendehowa High School, Niskayuna High School, Averill Park High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Girls Varsity Track), Shaker High School, Saratoga Springs High School, Colonie High School, Troy, Bethlehem High School, Columbia High School, Guilderland High School @ TBD	4:15 PM	7:30 PM	APHS Track	Departure Time: 2:35 PM	L
May 18, 2024	Sat	Regular Season (Eddy Meet)	Burnt Hills-Ballston Lake HS, Shaker High School @ Schenectady High School (Girls Varsity Track)	9:00 AM		Larry Mulvaney Field	Departure Time: 7:15 AM	L
May 22, 2024	Wed	Post-Season (Sectionals @ Guilderland High School)	@ TBD	4:00 PM	TBD			L
May 30, 2024	Thu	Post-Season (State Qualifiers at Guilderland)	@ TBD	TBD	TBD		Departure Time: 1:30 PM	L
May 31, 2024	Fri	Post-Season (State Qualifiers at Guilderland)	@ TBD	TBD	TBD		Departure Point: with boys	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: 2026-01-23