

# Ballston Spa High School

## (B) V Winter Track

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 6, 2025	Sat	Regular Season	@ TBD	8:00 AM		HVCC	<b>Departure Time:</b> 6:30 AM	L
Dec 13, 2025	Sat	Regular Season	@ TBD	3:00 PM		Union College	<b>Departure Time:</b> 1:30 PM	L
Dec 21, 2025	Sun	Regular Season	@ TBD	3:00 PM		HVCC	<b>Departure Time:</b> 1:30 PM	L
Dec 27, 2025	Sat	Regular Season	@ TBD	3:00 PM		HVCC	<b>Departure Time:</b> 1:30 PM	L
Dec 30, 2025	Tue	Regular Season	@ TBD	9:00 AM		HVCC	<b>Departure Time:</b> 7:30 AM	L
Jan 3, 2026	Sat	Regular Season (Hispanic Games at The Armory NYC )	@ TBD	TBD		TBD	<b>Departure Point:</b> Charter	L
Jan 4, 2026	Sun	Regular Season	@ TBD	3:00 PM		Union College	<b>Departure Time:</b> 1:30 PM	L
Jan 7, 2026	Wed	Practice	N/A	6:30 PM	8:30 PM	Union College	<b>Departure Time:</b> 5:45 PM	
Jan 10, 2026	Sat	Regular Season (Yale Invitational )	@ TBD	TBD		TBD		L
Jan 11, 2026	Sun	Regular Season (Springfield Invitational )	@ TBD	9:45 AM		TBD	<b>Departure Point:</b> Charter	L
Jan 14, 2026	Wed	Practice	N/A	6:30 PM	8:30 PM	Union College	<b>Departure Time:</b> 5:45 PM	
Jan 18, 2026	Sun	Regular Season (Frosh Suburban Council Championships)	@ TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:30 AM	L
Jan 21, 2026	Wed	Practice	N/A	6:30 PM	8:30 PM	Union College	<b>Departure Time:</b> 5:45 PM	
Jan 24, 2026	Sat	Regular Season (Suburban Council Throwers Meet)	@ TBD	TBD		Shendehowa High School	<b>Departure Point:</b> pick up at track - 8 people <b>Departure Time:</b> 6:35 AM	L
Jan 24, 2026	Sat	Regular Season (Puma Showcase - Invitational )	@ TBD	TBD		TBD	<b>Departure Point:</b> Charter	L
CANCELLED Jan 25, 2026	Sun	Regular Season (Suburban Council Championships)	@ TBD	TBD		Union College	<b>Departure Time:</b> 6:45 AM	L
Jan 28, 2026	Wed	Practice	N/A	6:30 PM	8:30 PM	Union College	<b>Departure Time:</b> 5:45 PM	
Jan 31, 2026	Sat	Post-Season (Sectional Championships )	@ TBD	TBD		HVCC	<b>Departure Time:</b> 6:30 AM	L
Feb 4, 2026	Wed	Practice	N/A	6:30 PM	8:30 PM	Union College	<b>Departure Time:</b> 5:45 PM	
Feb 11, 2026	Wed	Practice	N/A	6:30 PM	8:30 PM	Union College	<b>Departure Time:</b> 5:45 PM	
Feb 14, 2026	Sat	Post-Season (State Qualifiers)	@ TBD	TBD		HVCC		L

Date: 2026-02-02