

Coaches:

- Matt Shell, Head Coach
- Eric Freestone
- Megan James

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 6, 2022	Wed	Regular Season 87-89 L	Shaker High School	4:15 PM	6:55 PM	BH-BL HS Track		L
Apr 13, 2022	Wed	Regular Season	@ Albany High School	4:15 PM	6:55 PM	Albany Turf Stadium Field		L
Apr 22, 2022	Fri	Regular Season (Nisky relays at Mohon HS)	@ Mohonasen	TBD		TBD		NL
Apr 23, 2022	Sat	Regular Season (Warrior Track Classic)	@ Mohonasen	TBD		TBD		NL
Apr 26, 2022	Tue	Regular Season	@ Troy	4:15 PM	6:55 PM	Track		L
Apr 28, 2022	Thu	Regular Season (Penn Relays Philadelphia PA April 28-30)	@ TBD	TBD		TBD		NL
Apr 30, 2022	Sat	Regular Season (Anthony Luciano Track Invitational)	Lake George, Schuylerville, Coxsackie-Athens, South Glens Falls, Queensbury, Broadalbin-Perth, Greenwich, Ichabod Crane, Shaker High School, Corinth (Corinth/HL), Guilderland High School, Colonie High School, Mount Anthony, Catholic Central, Troy, Saranac @ Hudson Falls	9:00 AM	4:00 PM	Hudson Falls HS		NL
May 4, 2022	Wed	Regular Season	Ballston Spa High School @ Columbia High School	4:15 PM	6:55 PM	Columbia H.S.		L
May 7, 2022	Sat	Regular Season (Colonie Relays)	Shenendehowa High School, Guilderland High School, Albany High School @ Colonie High School		5:00 PM	Colonie High Track		L
May 11, 2022	Wed	Regular Season	Averill Park High School, Schenectady High School (Girls Varsity Track)	4:15 PM	6:55 PM	BH-BL HS Track		L

DATE	WEEK	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 13, 2022	Fri	Regular Season (SHEN INVY)	Shaker High School, Niskayuna High School, Schenectady High School (Girls Varsity Track), Colonie High School, Bethlehem High School, Ballston Spa High School, Albany High School, Guilderland High School @ Shenendehowa High School	4:00 PM	10:00 PM	Shen High School East Stadium (Track)		L
May 18, 2022	Wed	Meet (Girls SSC Outdoor Track Championship 2022)	Vs. Multiple	4:15 PM	7:00 PM	APHS Track		NL
May 19, 2022	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM	8:25 PM	APHS Track		NL
May 25, 2022	Wed	Meet (Section 2 Group 2 Championships)	Vs. Multiple	4:00 PM	8:55 PM	APHS Track		NL

Date: 2025-12-19