

Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 4, 2023	Tue	Regular Season 96-53 W	Bethlehem High School	4:15 PM	7:00 PM	BH-BL HS Track		L
Apr 18, 2023	Tue	Regular Season	Albany High School	4:15 PM	6:55 PM	BH-BL HS Track		L
Apr 21, 2023	Fri	Regular Season (Niskayuna Medley Relay Challence)	Schenectady High School (Girls Varsity Track), Guilderland High School, Colonie High School, Averill Park High School @ Niskayuna High School	4:30 PM		Mohonasen High School		NL
Apr 22, 2023	Sat	Regular Season (Warrior Track Classic)	Amsterdam, Schenectady High School (Girls Varsity Track), Colonie High School, Shaker High School @ Niskayuna High School			Mohonasen High School		NL
Apr 25, 2023	Tue	Regular Season	Troy	4:15 PM	6:55 PM	BH-BL HS Track		L
Apr 27, 2023	Thu	Regular Season (Penn Relays Philadelphia PA April 27-29)	@ TBD	TBD		TBD		NL
Apr 29, 2023	Sat	Regular Season (Anthony Luciano Memorial Track Invitational)	Coxsackie-Athens, Greenville, Queensbury, South Glens Falls, Glens Falls, Saranac, Schuylerville, Beekmantown, Ausable Valley, Broadalbin-Perth, Lake George, Ichabod Crane, Greenwich, Mount Anthony, Stillwater, Emma Willard, Ballston Spa High School, Scotia- Glenville, Taconic Hills @ Hudson Falls	9:30 AM	4:00 PM	Hudson Falls HS		NL
May 2, 2023	Tue	Regular Season	Columbia High School @ Ballston Spa High School	4:15 PM	6:55 PM	Ballston Spa Track		L
May 9, 2023	Tue	Regular Season	Schenectady High School (Girls Varsity Track) @ Averill Park High School	4:15 PM	6:55 PM	APHS Track		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 12, 2023	Fri	Regular Season (SHEN INVY)	Guilderland High School, Colonie High School, Shaker High School, Schenectady High School (Girls Varsity Track), Albany High School, Niskayuna High School @ Shenendehowa High School	4:00 PM	10:00 PM	Shen High School East Stadium (Track)		L
May 13, 2023	Sat	Regular Season (QBY INVY)	Ichabod Crane, Lake George, Schuylerville, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS		L
May 17, 2023	Wed	Meet (SSC Championships)	Vs. Multiple	4:00 PM	7:55 PM	APHS Track		NL
May 18, 2023	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:00 PM	7:55 PM	GHS Track		NL
May 24, 2023	Wed	Meet (Section 2 Group 2 Championships)	Vs. Multiple	4:00 PM	8:55 PM	APHS Track		NL

Date: 2024-05-02