



# Burnt Hills-Ballston Lake HS

## (G) V Outdoor Track

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 10, 2024	Wed	Regular Season	Christian Brothers Academy, Albany @ Bethlehem High School	4:15 PM	6:55 PM	High School Track		L
Apr 16, 2024	Tue	Regular Season	Albany High School	4:15 PM		BH-BL HS Track		L
Apr 19, 2024	Fri	Regular Season (Medley Relay Challenge)	Troy, Schenectady High School (Girls Varsity Track), Ballston Spa High School @ Niskayuna High School	4:30 PM		Niskayuna High School		NL
Apr 20, 2024	Sat	Regular Season (Spring Track and Field Classic)	Troy, Colonie High School, Ballston Spa High School, Albany High School, Schenectady High School (Girls Varsity Track), Amsterdam @ Niskayuna High School	9:30 AM		Niskayuna High School		L
Apr 24, 2024	Wed	Regular Season	@ Troy	4:15 PM		Track		L
Apr 25, 2024	Thu	Regular Season (Penn Relays)	TBD	TBD		TBD		NL
Apr 27, 2024	Sat	Regular Season (Luciano Track Invitational)	Schuylerville, Lake George, Ballston Spa High School, Broadalbin-Perth, Shaker High School, South Glens Falls @ Hudson Falls	10:00 AM		Hudson Falls HS		NL
May 1, 2024	Wed	Regular Season	Ballston Spa High School @ Columbia High School	4:15 PM	6:45 PM	Columbia H.S.		L
May 4, 2024	Sat	Regular Season (Colonie Relays)	Ballston Spa High School, 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		L
May 7, 2024	Tue	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 DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 10, 2024	Fri	Regular Season	Niskayuna High School, Troy, Ballston Spa High School, 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)		L
May 11, 2024	Sat	Regular Season (Queensbury Invitational)	Schuylerville, Lake George, Hudson Falls, Saratoga Springs High School @ Queensbury	9:00 AM		Queensbury HS		NL
May 14, 2024	Tue	Regular Season (Suburban Council Girl's Championships)	Albany High School, Shenendehowa High School, Niskayuna High School, Averill Park High School, Schenectady High School (Girls Varsity Track), Shaker High School, Saratoga Springs High School, Colonie High School, Troy, Bethlehem High School, Columbia High School, Ballston Spa High School, Guilderland High School @ TBD	4:15 PM	7:30 PM	APHS Track		L
May 18, 2024	Sat	Regular Season (Eddy Meet)	Ballston Spa High School, Shaker High School @ Schenectady High School (Girls Varsity Track)	9:00 AM		Larry Mulvaney Field		L
May 22, 2024	Wed	Meet (Section 2 Group 2 Championships)	Vs. Multiple	4:00 PM	8:55 PM	APHS Track		NL

Date: 2025-12-06