



Colonie High School

(B) V Outdoor Track

Coaches:

- Lisa Paparone, Head Coach
- Michael Palmer, Asst Coach
- Jake Johnson, Asst Coach
- Joseph Yamin, Asst Coach
- Brandon Sesay, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 1, 2024	Mon	Meet (Ballston Spa Field Event Challenge)	Vs. Multiple	9:00 AM		Ballston Spa Track		NL
Apr 9, 2024	Tue	Regular Season	@ Ballston Spa High School	4:15 PM	6:55 PM	Ballston Spa Track		L
Apr 16, 2024	Tue	Regular Season	Guilderland High School @ Saratoga Springs High School	4:15 PM	6:55 PM	Saratoga Springs High School		L
Apr 19, 2024	Fri	Regular Season (Medley Relay Challenge)	Christian Brothers Academy, Albany, Schenectady High School (Boys Varsity Track) @ Niskayuna High School	4:30 PM		High School		NL
Apr 20, 2024	Sat	Regular Season (Spring Track and Field Classic)	Ravena-Coeymans, Christian Brothers Academy, Albany, Burnt Hills-Ballston Lake HS, Ballston Spa High School, Amsterdam, Albany High School, Schenectady High School (Boys Varsity Track), Whitesboro @ Niskayuna High School	9:30 AM		High School		L
Apr 24, 2024	Wed	Regular Season	@ Shaker High School	4:00 PM		Arthur Walker Field- Shaker High School		L
May 1, 2024	Wed	Regular Season	Christian Brothers Academy, Albany @ Bethlehem High School	4:15 PM	6:15 PM	High School Track		L
May 4, 2024	Sat	Regular Season (Colonie Relays)	Christian Brothers Academy, Albany, Ballston Spa High School, Shaker High School, Schenectady High School (Boys Varsity Track), Saratoga Springs High School, Albany High School, Cairo-Durham	TBD		Colonie High Track		L
May 7, 2024	Tue	Regular Season	Shenendehowa High School @ Niskayuna High School	4:15 PM	6:55 PM	High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 15, 2024	Wed	Regular Season (Suburban Council boy's Championships)	Shenendehowa High School, Averill Park High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Boys Varsity Track), Christian Brothers Academy, Albany, Shaker High School, Saratoga Springs High School, Albany High School, Troy, Bethlehem High School, Columbia High School, Ballston Spa High School, Guilderland High School @ Niskayuna High School	4:15 PM	7:00 PM	High School		L

Date: 2024-04-28