

Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Apr 1, 2020	Wed	Regular Season	Averill Park High School	4:15 PM	6:55 PM	Colonie High Track		L
POSTPONED Apr 6, 2020	Mon	Regular Season	Guilderland High School @ Saratoga Springs High School	4:15 PM	6:55 PM	Saratoga Springs High School	Departure Point: High School Departure Time: 2:30 PM	L
CANCELLED Apr 20, 2020	Mon	Regular Season	@ Shaker High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School	Departure Point: High School Departure Time: 2:30 PM	L
POSTPONED Apr 28, 2020	Tue	Regular Season	Christian Brothers Academy, Albany, Bethlehem High School	4:15 PM	6:55 PM	TBD		L
POSTPONED May 2, 2020	Sat	Regular Season (Colonie Relays)	Burnt Hills-Ballston Lake HS, Ballston Spa High School, Schenectady High School (Boys Varsity Track), Shenendehowa High School	9:00 AM		Colonie High Track		L
POSTPONED May 5, 2020	Tue	Regular Season	Shenendehowa High School @ Niskayuna High School	4:15 PM	6:55 PM	High School	Departure Point: High School Departure Time: 2:30 PM	L
CANCELLED May 19, 2020	Tue	Meet (SSC Championships)	Vs. Multiple	4:15 PM	8:55 PM	Track		NL
CANCELLED May 22, 2020	Fri	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM	8:55 PM	Track		NL
POSTPONED May 27, 2020	Wed	Post-Season (Sectionals)	Shenendehowa High School	TBD		Colonie High Track		L

Date: 2024-05-19