



Colonie High School

(B) V Outdoor Track

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 5, 2023	Wed	Regular Season	Ballston Spa High School	4:15 PM	6:55 PM	Colonie High Track		L
Apr 8, 2023	Sat	Regular Season (CBA/LaSalle Relays at LaSalle Invitational)	@ LaSalle Institute	8:00 AM		LaSalle Academy, Troy New York	Departure Time: 7:30 AM	L
Apr 8, 2023	Sat	Meet (CBA/LaSalle Relays)	Vs. Multiple	9:00 AM		LaSalle Institute HS		NL
Apr 10, 2023	Mon	Meet (Ballston Spa Field Challenge)	Vs. Multiple	9:30 AM		Ballston Spa Track		NL
CANCELLED Apr 15, 2023	Sat	Meet (Ballston Spa Invitational)	Vs. Multiple	8:45 AM		Ballston Spa Track		NL
Apr 19, 2023	Wed	Regular Season	Saratoga Springs High School @ Guilderland High School	4:15 PM	6:55 PM	GHS Track	Departure Time: 2:30 PM	L
Apr 21, 2023	Fri	Regular Season (Niskayuna Medley Relay Challenge)	Shaker High School, Schenectady High School (Boys Varsity Track), Burnt Hills-Ballston Lake HS, Averill Park High School @ Niskayuna High School	4:30 PM		Mohonasen High School	Departure Time: 1:30 PM	NL
Apr 22, 2023	Sat	Regular Season (Warrior Track Classic)	Shaker High School, Schenectady High School (Boys Varsity Track), Amsterdam, Burnt Hills-Ballston Lake HS @ Niskayuna High School	9:15 AM		Mohonasen High School		NL
Apr 25, 2023	Tue	Regular Season	Shaker High School	4:15 PM	6:55 PM	Colonie High Track	Departure Time: 2:45 PM	L
May 2, 2023	Tue	Regular Season	Bethlehem High School @ Christian Brothers Academy, Albany	4:15 PM	6:55 PM	CBA Track	Departure Time: 2:45 PM	L
May 10, 2023	Wed	Regular Season	Niskayuna High School @ Shenendehowa High School	4:15 PM	6:55 PM	Shen High School East Stadium (Track)	Departure Time: 2:30 PM	L
May 12, 2023	Fri	Regular Season (SHEN INVY)	Guilderland High School, Shaker High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Boys Varsity Track), Albany High School, Niskayuna High School @ Shenendehowa High School	4:00 PM	10:00 PM	Shen High School East Stadium (Track)	Departure Time: 2:30 PM	L
May 16, 2023	Tue	Meet (SSC Championships)	Vs. Multiple	4:00 PM	7:55 PM	Saratoga Springs High School	Departure Time: 2:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 18, 2023	Thu	Meet (SSC JV Championships (Troy HS))	Vs. Multiple	4:00 PM	7:55 PM	Track	Departure Time: 2:30 PM	NL
May 24, 2023	Wed	Post-Season (Track Sectionals)	Guilderland High School, Saratoga Springs High School, Shenendehowa High School, Shaker High School, Niskayuna High School	4:00 PM		Colonie High Track		NL

Date: 2024-02-28