



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

Date: 2024-05-02