



Colonie High School

(B) V Outdoor Track

Coaches:

- Lisa Paparone, Head Coach
- Michael Palmer, Asst Coach
- Jake Johnson, Asst Coach
- Joseph Yamin, Asst Coach
- Brianna Haluska, Asst Coach
- Tom Burek, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 9, 2025	Wed	Regular Season	Columbia High School, Albany High School	4:15 PM	6:55 PM	Colonie High Track		L
Apr 11, 2025	Fri	Regular Season (Medley Relay Challenge)	Burnt Hills-Ballston Lake HS, Schenectady High School (Boys Varsity Track), Shaker High School @ Niskayuna High School	4:30 PM	10:00 PM	NHS Track	Departure Time: 2:45 PM	NL
POSTPONED Apr 12, 2025	Sat	Regular Season (CBA/LaSalle Relays)	Christian Brothers Academy, Albany @ LaSalle Institute	8:30 AM		LaSalle Academy, Troy New York	Departure Time: 7:30 AM	L
POSTPONED Apr 12, 2025	Sat	Regular Season (Spring Invitational)	Burnt Hills-Ballston Lake HS, Schenectady High School (Boys Varsity Track), Albany High School, Amsterdam, Ballston Spa High School, Watervliet @ Niskayuna High School	10:00 AM	5:00 PM	NHS Track		NL
Apr 14, 2025	Mon	Regular Season (Thrower's Meet)	Shenendehowa High School @ Ballston Spa High School	TBD		Ballston Spa Track	Departure Time: 7:30 AM	L
Apr 16, 2025	Wed	Regular Season	@ Watervliet	10:00 AM	3:30 PM	Watervliet Jr.Sr. High School	Departure Time: 8:00 AM	L
Apr 26, 2025	Sat	Regular Season	@ Cohoes	9:00 AM		Cohoes HS	Departure Time: 7:30 AM	L
Apr 29, 2025	Tue	Regular Season	Saratoga Springs High School, Christian Brothers Academy, Albany	4:15 PM	6:55 PM	Colonie High Track		L
May 3, 2025	Sat	Regular Season (Colonie Relays)	Christian Brothers Academy, Albany, Ballston Spa High School, Albany High School, Greenville, Saratoga Springs High School, Saratoga Springs High School, Cooperstown, Schenectady High School (Boys Varsity Track), Shaker High School	TBD		Colonie High Track		L
May 7, 2025	Wed	Regular Season	@ Shaker High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 9, 2025	Fri	Regular Season (Shen Invy)	Christian Brothers Academy, Albany, Scotia-Glenville, Ballston Spa High School, Albany High School, Schenectady High School (Boys Varsity Track), Niskayuna High School, Burnt Hills-Ballston Lake HS, Shaker High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)		L
May 9, 2025	Fri	Regular Season (The Futures)	@ Mohonasen	4:00 PM		TBD	Departure Time: 2:30 PM	L
May 12, 2025	Mon	Regular Season	Shenendehowa High School @ Schenectady High School (Boys Varsity Track)	4:15 PM	6:55 PM	Larry Mulvaney Field		L
May 21, 2025	Wed	Meet (SSC Championships)	Vs. Multiple	4:30 PM	7:55 PM	Mont Pleasant Middle School Field		NL
May 28, 2025	Wed	Regular Season (Group 1 Co-Ed Track Sectionals)	Christian Brothers Academy, Albany, Shenendehowa High School, Saratoga Springs High School, Niskayuna High School	4:00 PM		Colonie High Track		L

Date: 2025-12-19