

Coaches:

- Jeremy Eggleston, Head Coach
- Rachel Clement, Head Coach
- Melanie Lautenschlager, Head Coach
- Glenn Wolin, Head Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|---------------------------|-------------|---|---|---------------|-------------|------------------------------------|----------------|----------------------------|
| Apr 18, 2024 | Thu | Regular Season | @ Ballston Spa High School | 4:15 PM | 6:55 PM | Ballston Spa Track | | L |
| Apr 25, 2024 | Thu | Regular Season | Guilderland High School @ Saratoga Springs High School | 4:15 PM | 6:55 PM | Saratoga Springs High School | | L |
| May 2, 2024 | Thu | Regular Season | Shaker High School @ Albany High School | 4:15 PM | | Albany Turf Stadium Field | | L |
| May 9, 2024 | Thu | Regular Season | Albany High School @ Averill Park High School | 4:15 PM | 6:55 PM | APHS Track | | L |
| POSTPONED May 13, 2024 | Mon | Regular Season | @ Christian Brothers Academy, Albany | 4:15 PM | 6:30 PM | CBA Track | | L |
| May 16, 2024 | Thu | Regular Season | Shenendehowa High School @ Niskayuna High School (Modified) | 4:15 PM | 6:55 PM | High School | | L |
| May 20, 2024 | Mon | Regular Season (Suburban Council Modified Track Play Date) | Guilderland High School, Burnt Hills- Ballston Lake HS @ Saratoga Springs High School | 4:15 PM | 6:15 PM | Saratoga Springs High School | | L |

Date: 2024-05-18