



Colonie High School

(G) V Winter Track

Coaches:

- Michael Palmer, Head Coach
- Michael Caccuitto, Asst Coach
- Frank Myers, Asst Coach
- Tom Burek, Asst Coach
- Justin Bopp, Asst Coach
- Joe Yamin, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Nov 25, 2018	Sun	Regular Season (All Comers)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:45 AM L
Dec 1, 2018	Sat	Regular Season (League Meet 1A)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:45 AM L
Dec 8, 2018	Sat	Regular Season (Bomber Invitational)	@ TBD	9:00 AM		Ithaca College	Departure Point: High School Departure Time: 5:00 AM L
Dec 14, 2018	Fri	Regular Season (Tim St. Lawrence Invitational)	@ TBD	5:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 12:00 AM L Return Date: Return Time: 11:00 PM
Dec 16, 2018	Sun	Regular Season (League Meet 2E)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Point: High School Departure Time: 6:30 AM L
Dec 21, 2018	Fri	Regular Season (Jim Mitchell Invitational)	@ TBD	5:00 PM		The Armory - NYC	Departure Time: 12:00 PM L Return Date: Return Time: 12:00 AM
Dec 22, 2018	Sat	Regular Season (League Meet 3C)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM L Return Date: Return Time: 12:30 PM
Dec 27, 2018	Thu	Regular Season (League Meet 4A)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:45 AM L
Dec 28, 2018	Fri	Regular Season (Reggie Lewis Invitational)	@ TBD	9:00 AM		Reggie Lewis Track & Field Boston, MA	Departure Point: High School Departure Time: 6:30 AM L Return Date: Return Time: 8:00 PM
Dec 30, 2018	Sun	Regular Season (League Meet 5C)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM L
Jan 5, 2019	Sat	Regular Season (League 6A)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Jan 6, 2019	Sun	Regular Season (TCITL Springfield Invitational)	@ TBD	8:00 AM		Springfield College, MA	Departure Point: High School Departure Time: 6:30 AM Return Date: Return Time: 6:00 PM L
Jan 11, 2019	Fri	Regular Season (Dartmouth Relays)	@ TBD	TBD		Dartmouth College	Departure Time: 10:00 AM Return Date: Return Time: 11:00 PM L
Jan 12, 2019	Sat	Regular Season (League Meet 6C)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM L
Jan 12, 2019	Sat	Regular Season (Dartmouth Relays)	@ TBD	TBD		Dartmouth College	L
CANCELLED Jan 19, 2019	Sat	Regular Season (TCITL Utica Invitational)	@ TBD	8:00 AM		Utica College	Departure Point: High School Departure Time: 6:00 AM L Return Date: Return Time: 7:00 PM
Jan 26, 2019	Sat	Meet (SSC Frosh Championships)	Vs. Multiple	8:00 AM		Union College	NL
Jan 26, 2019	Sat	Regular Season (SSC Frosh Championships)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM L
Feb 3, 2019	Sun	Meet (SSC Championships)	Vs. Multiple	8:00 AM		SUNY Albany	Departure Point: High School Departure Time: 6:45 AM NL
Feb 15, 2019	Fri	Regular Season (Invitational)	@ North Shore	4:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 11:45 AM L Return Date: Return Time: 1:00 AM
Feb 18, 2019	Mon	Regular Season (Division 1 Sectionals)	@ TBD	8:00 AM		SUNY Albany	Departure Point: High School Departure Time: 6:45 AM L Return Date: Return Time: 2:00 PM
Feb 24, 2019	Sun	Regular Season (State Qualifier)	@ TBD	9:00 AM		SUNY Albany	Departure Point: High School Departure Time: 7:45 AM L Return Date: Return Time: 2:30 PM
Mar 1, 2019	Fri	Regular Season (NYSPHSAA State Meet)	@ TBD	TBD		Ocean Breeze Athletic Complex	L
Mar 8, 2019	Fri	Regular Season (New Balance Indoor Nationals)	@ TBD	TBD		Ocean Breeze Athletic Complex	L

Date: 2026-01-26

