



Colonie High School

(G) V Winter Track

Coaches:

- Michael Palmer, Head Coach
- Michael Caccuito, 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	LEAGUE / NON-LEAGUE
Dec 7, 2019	Sat	Regular Season (TCITL League Meet #1A)	TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 14, 2019	Sat	Regular Season (Jim Mitchel Invitational)	TBD	5:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 12:00 PM Return Date: Return Time: 11:30 PM	L
Dec 15, 2019	Sun	Regular Season (TCITL League Meet #2C)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 20, 2019	Fri	Regular Season (Coach St. Invitational)	TBD	5:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 12:00 PM Return Date: Return Time: 9:00 PM	L
Dec 21, 2019	Sat	Regular Season (League Meet 3A)	TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 27, 2019	Fri	Regular Season (Boston Holiday Challenge)	TBD	9:00 AM		Reggie Lewis Track & Field Boston, MA	Departure Point: High School Departure Time: 7:00 AM Return Date: Return Time: 10:00 PM	L
Dec 28, 2019	Sat	Regular Season (TCITL League Meet #4F)	TBD	1:45 PM		Union College	Departure Point: High School Departure Time: 12:00 PM	L
Dec 29, 2019	Sun	Regular Season (Utica Invitational)	TBD	9:45 AM		Utica College	Departure Point: High School Departure Time: 6:00 AM Return Date: Return Time: 6:00 PM	L
Jan 3, 2020	Fri	Regular Season (TCITL League Meet #5A)	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	LEAGUE / NON-LEAGUE
POSTPONED Jan 3, 2020	Fri	Regular Season (League Meet 5A)	Cohoes, Academy of Holy Names, LaSalle Institute, Mohonasen, Schenectady High School (Winter Track), Schuylerville, Scotia-Glenville, Shenendehowa High School, Stillwater @ Tamarac	8:00 AM	1:30 PM	Union College		L
Jan 5, 2020	Sun	Regular Season (Springfield Invitational)	TBD	9:45 AM		Springfield College, MA	Departure Point: High School Departure Time: 6:15 AM Return Date: Return Time: 6:00 PM	L
Jan 10, 2020	Fri	Regular Season (Yale Classic)	TBD	3:00 PM		Yale University New Haven, CT	Departure Point: High School Departure Time: 9:00 AM	L
Jan 11, 2020	Sat	Regular Season (Yale Classic)	TBD	8:00 AM		Yale University New Haven, CT		L
Jan 17, 2020	Fri	Regular Season (New Balance Games)	TBD	4:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 11:30 AM Return Date: Return Time: 2:30 AM	L
Jan 19, 2020	Sun	Regular Season (TCITL League Meet #6E)	TBD	8:00 AM		Hudson Valley Community College	Departure Point: High School Departure Time: 6:30 AM	L
Jan 24, 2020	Fri	Regular Season (Utica Invitational)	@ TBD	4:00 PM		Utica College	Departure Point: High School Departure Time: 12:45 PM Return Date: Return Time: 8:30 PM	L
Jan 26, 2020	Sun	Regular Season	@ TBD	9:00 AM		Hudson Valley Community College	Departure Point: High School Departure Time: 8:45 AM	L
Feb 6, 2020	Thu	Meet (SSC CHAMPIONSHIPS - Shot Put and Weight Throws)	Vs. Multiple	4:30 PM		Koda Middle School White Gym		NL
Feb 6, 2020	Thu	Regular Season	@ TBD	TBD		Koda Middle School White Gym	Departure Point: High School Departure Time: 3:00 PM	L
Feb 8, 2020	Sat	Meet (SSC CHAMPIONSHIPS - Pole Vault)	Vs. Multiple	7:00 AM		Koda Middle School White Gym		NL
Feb 8, 2020	Sat	Regular Season	@ TBD	TBD		Koda Middle School White Gym	Departure Point: High School Departure Time: 6:30 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 9, 2020	Sun	Regular Season (Suburban Council Championship)	TBD	8:00 AM		SUNY Albany	Departure Point: High School Departure Time: 12:30 PM	L
Feb 9, 2020	Sun	Regular Season (Makeup @ HVCC)	TBD	TBD		Hudson Valley Community College	Departure Point: High School Departure Time: 12:30 PM	L
Feb 14, 2020	Fri	Regular Season (North Shore Pre-National Invitational)	TBD	4:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 11:30 AM Return Date: Return Time: 10:00 PM	L
Feb 16, 2020	Sun	Regular Season (Division 1 Sectionals)	TBD	8:00 AM		SUNY Albany	Departure Point: High School Departure Time: 6:30 AM	L
Feb 23, 2020	Sun	Regular Season (Section 2 State Qualifier)	TBD	8:30 AM		SUNY Albany	Departure Point: High School Departure Time: 7:15 AM	L

Date: 2026-03-28