



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	LEAGUE / NON-LEAGUE
Dec 5, 2025	Fri	Regular Season	Burnt Hills-Ballston Lake HS, Amsterdam, Greenwich @ Shenendehowa High School	3:30 PM	6:00 PM	Shen High School East Gym 2 (New)		L
Dec 6, 2025	Sat	Regular Season (SIHST & FA RELAYS)	@ TBD	TBD		Ocean Breeze Athletic Complex	Departure Point: High School	L
Dec 7, 2025	Sun	Regular Season (TCITL League Meet 1C)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 13, 2025	Sat	Regular Season (JAMBAR Hall of Fame)	@ TBD	TBD		The Armory - NYC	Departure Point: High School Departure Time: 12:30 PM	L
Dec 14, 2025	Sun	Regular Season (TCITL League Meet 2c)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 20, 2025	Sat	Regular Season (TCITL League Meet 3A)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 21, 2025	Sun	Regular Season (Beantown Winter Classic - The Track at New Balance Boston)	@ TBD	TBD		TBD	Departure Point: High School	L
Dec 27, 2025	Sat	Regular Season (MSTCA Boston Holiday Challenge Coed - The Track at New Balance Boston)	@ TBD	TBD		TBD	Departure Point: High School Departure Time: 6:30 AM	L
Dec 28, 2025	Sun	Regular Season (TCITL League Meet 4C)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 30, 2025	Tue	Regular Season (Viking Invitational)	@ TBD	TBD		Hudson Valley Community College	Departure Point: High School Departure Time: 7:30 AM	L
Jan 3, 2026	Sat	Regular Season (TCITL League Meet 5A)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Jan 3, 2026	Sat	Regular Season (Ocean Breeze Freedom Games - Girls Only)	@ TBD	TBD		Ocean Breeze Athletic Complex	Departure Point: High School	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 10, 2026	Sat	Regular Season (Nor'easter at the Track - Girls Only - The Track at New Balance Boston)	@ TBD	TBD		TBD	Departure Point: High School	L
Jan 11, 2026	Sun	Regular Season (Ed Cepiel Invitational)	@ TBD	9:00 AM		Springfield College, MA	Departure Point: High School Departure Time: 6:00 AM	L
Jan 24, 2026	Sat	Regular Season (PUMA International Showcase)	@ TBD	TBD		Ocean Breeze Athletic Complex	Departure Point: High School	L

Date: 2025-12-05