

## Coaches:

- Jason Usher, Head Coach
- Dan Penna, Asst Coach
- Mark Reynders, Asst Coach
- Julianne Scanlan, Asst Coach
- Dan Smitas

DATE	WEEK DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	TOCATION TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 6, 2024	Sat	Regular Season (Frigid Cup Invitational)	Ballston Spa High School, Christian Brothers Academy, Albany	10:00 AM	5:00 PM	GHS Track	NL
Apr 8, 2024	Mon	Regular Season	Troy	5:00 PM		GHS Track	L
Apr 24, 2024	Wed	Regular Season	Bethlehem High School, Shenendehowa High School	4:15 PM		GHS Track	L
May 22, 2024	Wed	Regular Season (Sectionals at Guilderland)	Albany High School	4:00 PM		GHS Track	L
May 30, 2024	Thu	Regular Season (State Qualifier @ Guilderland)	Albany High School	4:00 PM		GHS Track	L
May 30, 2024	Thu	Post-Season (State Qualifiers)	Schuylerville, Christian Brothers Academy, Albany	4:00 PM		GHS Track	L
May 31, 2024	Fri	Post-Season (State Qualifiers)	Schuylerville, Christian Brothers Academy, Albany	4:00 PM		GHS Track	L
May 31, 2024	Fri	Regular Season (State Qualifier @ Guilderland)	Albany High School	4:00 PM	5:00 PM	GHS Track	L

Date: 2024-04-09