

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
POSTPONED Apr 1, 2020	Wed	Regular Season	Albany High School, Christian Brothers Academy, Albany, Niskayuna High School, Ballston Spa High School	4:15 PM	6:55 PM	GHS Track		L
POSTPONED Apr 4, 2020	Sat	Regular Season (Early Bird Invy)	@ New Paltz	9:00 AM	3:00 PM	New Paltz HS	Departure Point: 1 BUS EAST Departure Time: 6:45 AM	NL
POSTPONED Apr 6, 2020	Mon	Regular Season	Colonie High School @ Saratoga Springs High School	4:15 PM	6:55 PM	Saratoga Springs High School	Departure Point: EAST3 BUSES Departure Time: 2:30 PM	L
POSTPONED Apr 20, 2020	Mon	Regular Season	Bethlehem High School, Shenendehowa High School	4:15 PM	6:55 PM	GHS Track		L
Apr 25, 2020	Sat	Regular Season (KINGSTON RELAYS)	@ Kingston	9:00 AM	4:00 PM	Dietz Stadium Kingston	Departure Point: 1 BUS EAST Departure Time: 7:00 AM	L
POSTPONED Apr 28, 2020	Tue	Regular Season	Shaker High School @ Niskayuna High School	4:15 PM	6:55 PM	High School		L
POSTPONED May 5, 2020	Tue	Regular Season	Christian Brothers Academy, Albany @ Ballston Spa High School	4:15 PM	6:55 PM	Ballston Spa Track	Departure Point: EAST-3 BUSES Departure Time: 2:30 PM	L
CANCELLED May 19, 2020	Tue	Meet (SSC Championships)	Vs. Multiple	4:15 PM	8:55 PM	Track	Departure Point: EAST 1 BUS Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM	NL
CANCELLED May 22, 2020	Fri	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM	8:55 PM	Track	Departure Point: EAST - 1 BUS Departure Time: 2:15 PM Return Date: Return Time: 8:55 PM	NL

Date: 2024-05-19