

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 23, 2026	Thu	Regular Season	Burnt Hills-Ballston Lake HS	4:15 PM	6:55 PM	NHS Track		L
Apr 30, 2026	Thu	Regular Season	Ballston Spa High School	4:15 PM	6:55 PM	NHS Track		L
May 7, 2026	Thu	Regular Season	@ Averill Park High School	4:15 PM	6:55 PM	APHS Track		L
May 15, 2026	Fri	Regular Season	Bethlehem High School @ Guilderland High School	4:15 PM	6:55 PM	GHS Track		L
May 21, 2026	Thu	Regular Season	@ Schenectady High School (Girls Modified Track)	4:15 PM	6:55 PM	Mont Pleasant Middle School Track		NL
May 29, 2026	Fri	Meet (SSC Play Day)	Vs. Multiple	4:15 PM	6:55 PM	NHS Track		NL

Date: 2025-12-11