Coaches:

Niskayuna High School
(G) V Winter Track

Jason DeRocco

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | E TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|--|---------------|-------------|--|--------------------------------|--|----------------------------|
| Dec 7, 2019 | Sat | Regular Season (League Meet 1) | TBD | 8:00 AM | | Union College | | | L |
| Dec 14, 2019 | Sat | Regular Season (League Meet 2) | TBD | 1:45 PM | | Union College | | | L |
| Dec 14, 2019 | Sat | Regular Season (League Meet 2B) | Albany Academies, Catholic Central, Troy, Cobleskill- Richmondville, TBD, Greenwich, Ichabod Crane, Saratoga Springs High School, Schuylerville, South Glens Falls @ Tamarac | 1:45 PM | 7:15 PM | Union College | | | L |
| Dec 21, 2019 | Sat | Regular Season | TBD | 8:00 AM | | Union College | | | L |
| Dec 28, 2019 | Sat | Regular Season | TBD | 8:00 AM | | Union College | | | L |
| Jan 4, 2020 | Sat | Regular Season (League Meet 5) | TBD | 8:00 AM | | Union College | | | L |
| Jan 4, 2020 | Sat | Regular Season (Hispanic Games at the Armory) | TBD | 9:00 AM | | TBD | | Departure Point: Will Ride w/Boys Departure Time: 5:15 AM | NL |
| Jan 10, 2020 | Fri | Regular Season (Yale Invitational) | TBD | 1:00 PM | | TBD | Class Dismissal: 8:45 AM | Departure Point: Will Ride w/Boys Departure Time: 9:00 AM | L |
| Jan 11, 2020 | Sat | Regular Season | TBD | 4:15 PM | | TBD | | | L |
| Jan 18, 2020 | Sat | Regular Season (League Meet 6) | TBD | 1:45 PM | | Union College | | | L |
| Jan 18, 2020 | Sat | Regular Season (New Balance Games at the Armory) | TBD | 2:00 PM | | TBD | | Departure Point: Will Ride w/Boys Departure Time: 5:15 AM | L |
| Jan 19, 2020 | Sun | Regular Season (LEAGUE MEET) | @ TBD | 8:00 AM | | Hudson Valley Community College | | Departure Point: Will Ride w/Boys Departure Time: 6:45 AM | L |
| Jan 24, 2020 | Fri | Regular Season (INVITATIONAL at UTICA COLLEGE) | @ TBD | 5:00 PM | | TBD | Class Dismissal: 1:20 PM | Departure Point: Will Ride w/Boys Departure Time: 1:30 PM | L |
| Jan 25, 2020 | Sat | Regular Season (Freshmen Suburbans) | TBD | 8:00 AM | | Union College | | | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START EN | ND ME LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|-----------|------------|--|--------------------------------|--|----------------------------|
| Jan 26, 2020 | Sun | Regular Season (LEAGUE MEET) | @ TBD | 8:00 AM | Hudson Valley Community College | Class Dismissal: 1:20 PM | Departure Point: Will Ride w/Boys Departure Time: 8:45 AM | L |
| Feb 9, 2020 | Sun | Regular Season (Suburbans) | TBD | 8:00 AM | UAlbany | | Departure Point: HS Departure Time: 11:45 AM | L |
| Feb 16, 2020 | Sun | Regular Season (Sectionals) | TBD | 8:00 AM | UAlbany | | Departure Point: Will Ride w/Boys Departure Time: 6:35 AM | L |
| Feb 23, 2020 | Sun | Regular Season (State Qualifiers) | TBD | 8:00 AM | UAlbany | | | L |
| Mar 6, 2020 | Fri | Regular Season (State Meet at Ocean Breeze Staten Island) | TBD | TBD | TBD | | Departure Point: Will Ride w/Boys | L |
| Mar 7, 2020 | Sat | Regular Season (State Meet at Oceam Breeze Staten Island) | TBD | TBD | TBD | | | L |

Date: 2025-12-13