



# Shaker High School

## (B) V Outdoor Track

### Coaches:

- ZaQuan Irby, Head Coach
- Dylan Hedderman, Asst Coach
- Gary Czupil, Asst Coach
- Chris Sawyer, Asst Coach
- Tyrone Vignola, Asst Coach
- Dan Bruton, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 27, 2019	Wed	Regular Season	Burnt Hills-Ballston Lake HS	4:15 PM		Arthur Walker Field- Shaker High School		L
Apr 1, 2019	Mon	Regular Season	Christian Brothers Academy, Albany @ Shenendehowa High School	4:15 PM		Shen High School East Stadium (Track)	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
Apr 9, 2019	Tue	Regular Season	@ Colonie High School	4:15 PM		Colonie High Track	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
Apr 11, 2019	Thu	Regular Season (JV All Comers)	Shenendehowa High School, Saratoga Springs High School, Ballston Spa High School, Columbia High School @ Guilderland High School	4:00 PM	7:00 PM	GHS Track	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
Apr 16, 2019	Tue	Regular Season	Niskayuna High School, Guilderland High School	4:15 PM	6:30 PM	Arthur Walker Field- Shaker High School		L
Apr 18, 2019	Thu	Meet (Watervliet Invitational)	Vs. Multiple	4:00 PM		Watervliet HS		NL
Apr 22, 2019	Mon	Meet (Ballston Spa Throw Off)	Vs. Multiple	11:00 AM		Ballston Spa High School Gym	<b>Departure Time:</b> 9:00 AM <b>Return Date:</b> <b>Return Time:</b> 1:00 PM	NL
Apr 27, 2019	Sat	Meet (Cohoes Relays)	Vs. Multiple	9:00 AM		Cohoes HS	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	NL
Apr 30, 2019	Tue	Regular Season	Saratoga Springs High School @ Bethlehem High School	4:15 PM		High School Track	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
May 4, 2019	Sat	Regular Season (Colonie Relays)	Niskayuna High School, Shenendehowa High School, Schenectady High School (Boys Varsity Track), Ballston Spa High School, Bethlehem High School, Albany High School, Burnt Hills-Ballston Lake HS @ Colonie High School	TBD		Colonie High Track		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 6, 2019	Mon	Regular Season (Boys JV Outdoor Track Meet)	Guilderland High School, Shenendehowa High School, Burnt Hills-Ballston Lake HS, Saratoga Springs High School @ Columbia High School	4:15 PM	7:00 PM	Columbia H.S.	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
May 10, 2019	Fri	Meet (SHEN INVITATIONAL)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	NL
May 10, 2019	Fri	Regular Season (Futures Meet)	@ Mohonasen	4:00 PM		Mohonasen HS	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	NL
May 14, 2019	Tue	Meet (SSC Championships)	Vs. Multiple	4:15 PM		Track	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	NL
May 16, 2019	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM		Saratoga Springs High School	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
May 18, 2019	Sat	Meet (Eddy Meet at Schenectady HS)	Vs. Multiple	9:00 AM		Larry Mulvaney Field		NL
May 22, 2019	Wed	Post-Season (Group 1 Co-Ed Sectionals)	Shenendehowa High School, Schenectady High School (Boys Varsity Track), Albany High School, Saratoga Springs High School, Bethlehem High School, Colonie High School, Niskayuna High School, Columbia High School, Ballston Spa High School, Troy, Queensbury, Amsterdam, LaSalle Institute @ Guilderland High School	3:00 PM	8:00 PM	GHS Track		NL
May 30, 2019	Thu	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)	<b>Departure Time:</b> 2:30 PM	NL
May 31, 2019	Fri	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
Jun 7, 2019	Fri	Meet (NYS championships)	Vs. Multiple	9:00 AM		TBD		NL
Jun 8, 2019	Sat	Meet (NYS championships)	Vs. Multiple	9:00 AM		TBD		NL

