



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
Apr 9, 2024	Tue	Regular Season	@ Averill Park High School	5:30 PM	8:10 PM	APHS Track	Departure Time: 4:45 PM Return Date: Return Time: 7:30 PM	L
Apr 13, 2024	Sat	Regular Season (Nanuet Relays)	@ TBD	9:00 AM		Nanuet Senior High School		NL
Apr 16, 2024	Tue	Regular Season	Shenendehowa High School, Christian Brothers Academy, Albany	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L
Apr 20, 2024	Sat	Regular Season (Rondout Invitational)	@ Rondout Valley	TBD		Rondout Valley HS	Departure Time: 7:30 AM Return Date: Return Time: 4:00 PM	L
Apr 24, 2024	Wed	Regular Season	Colonie High School	4:00 PM		Arthur Walker Field- Shaker High School		L
Apr 27, 2024	Sat	Regular Season (Tiger Relays)	@ TBD	9:00 AM		F.D. Roosevelt High School	Departure Time: 6:30 AM Return Date: Return Time: 3:00 PM	L
May 1, 2024	Wed	Regular Season	Guilderland High School @ Niskayuna High School	4:15 PM	6:55 PM	Niskayuna High School	Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	L
May 4, 2024	Sat	Regular Season (Colonie Relays)	Christian Brothers Academy, Albany, Ballston Spa High School, Schenectady High School (Boys Varsity Track), Saratoga Springs High School, Albany High School, Cairo-Durham @ Colonie High School	TBD		Colonie High Track	Departure Time: 7:00 AM Return Date: Return Time: 5:00 PM	L
May 7, 2024	Tue	Regular Season	Bethlehem High School, Saratoga Springs High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L
May 10, 2024	Fri	Regular Season (The Futures)	@ TBD	4:00 PM		Mohonasen High School	Departure Time: 2:15 PM Return Date: Return Time: 6:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 10, 2024	Fri	Regular Season	Christian Brothers Academy, Albany, Niskayuna High School, Burnt Hills-Ballston Lake HS, Ballston Spa High School, Bethlehem High School, Albany High School, Schenectady High School (Boys Varsity Track), Colonie High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)	Departure Time: 3:00 PM Return Date: Return Time: 6:30 PM	L
May 15, 2024	Wed	Regular Season (Suburban Council boy's Championships)	Shenendehowa High School, Averill Park High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Boys Varsity Track), Christian Brothers Academy, Albany, Saratoga Springs High School, Colonie High School, Albany High School, Troy, Bethlehem High School, Columbia High School, Ballston Spa High School, Guilderland High School @ Niskayuna High School	4:15 PM	7:00 PM	Niskayuna High School	Departure Time: 3:15 PM Return Date: Return Time: 6:30 PM	L
May 22, 2024	Wed	Post-Season (Section 2 Championships)	@ TBD	4:00 PM		Guilderland High School	Departure Time: 1:45 PM Return Date: Return Time: 6:30 PM	L
May 30, 2024	Thu	Post-Season (State Qualifier)	@ TBD	4:00 PM		Guilderland High School	Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	L
May 31, 2024	Fri	Post-Season (State Qualifier)	@ TBD	4:00 PM		Guilderland High School	Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	L
Jun 7, 2024	Fri	Post-Season (State Championships)	TBD	4:00 PM		Cicero North Syracuse High School		L
Jun 8, 2024	Sat	Post-Season (State Championships)	TBD	9:00 AM		Cicero North Syracuse High School		L

Date: 2025-12-05