



# Shaker High School

## (G) V Outdoor Track

### Coaches:

- Jenny DeBellis, Head Coach
- Kelsey McCormack, Asst Coach
- Jennifer Moran, Asst Coach
- Arnel Joyner, Asst Coach
- Dave Schroeder, Asst Coach
- Lavaughn Garland, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Mar 27, 2019	Wed	Regular Season	Burnt Hills-Ballston Lake HS	4:15 PM		Arthur Walker Field- Shaker High School		L
Apr 3, 2019	Wed	Regular Season	@ 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> 7:00 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> 7:00 PM	L
Apr 17, 2019	Wed	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	<b>Departure Time:</b> 1:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
Apr 22, 2019	Mon	Meet (Ballston Spa Throw Off )	Vs. Multiple	11:00 AM		Ballston Spa High School Gym		NL
Apr 25, 2019	Thu	Meet (Penn Relays)	Vs. Multiple	12:00 PM		Franklin Field, University of Pennsylvania		NL
Apr 27, 2019	Sat	Meet (Cohoes Relays)	Vs. Multiple	9:00 AM		Cohoes HS		NL
May 1, 2019	Wed	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> 7:00 PM	L
May 4, 2019	Sat	Regular Season (Colonie Relays)	Niskayuna High School, Shenendehowa High School, Schenectady High School (Girls Varsity Track), Ballston Spa High School, Bethlehem High School, Albany High School, Burnt Hills-Ballston Lake HS @ Colonie High School	8:00 AM		Colonie High Track		L
May 6, 2019	Mon	Meet (JV girls track meet)	Vs. Multiple	4:15 PM		Arthur Walker Field- Shaker High School		NL
May 10, 2019	Fri	Regular Season (Futures Meet)	@ Mohonasen	4:00 PM		Mohonasen HS		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 10, 2019	Fri	Meet (SHEN INVITATIONAL)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)		NL
May 15, 2019	Wed	Meet (SSC Championships)	Vs. Multiple	4:15 PM		BH-BL HS Track	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
May 17, 2019	Fri	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	Regular Season (Eddy Meet)	Tully @ Schenectady High School (Girls Varsity Track)	9:00 AM		Pat Riley Sports Center-Intramural Gym		NL
May 22, 2019	Wed	Post-Season (Group 1 Co-Ed Sectionals)	Shenendehowa High School, Schenectady High School (Girls 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 @ Guilderland High School	3:00 PM	8:00 PM	GHS Track	<b>Departure Time:</b> 1:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
May 30, 2019	Thu	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)		NL
May 31, 2019	Fri	Meet (State Qualifiers)	Vs. Multiple	4:00 PM		Shen High School East Stadium (Track)		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

Date: 2024-05-11