



# Shaker High School

## (G) V Outdoor Track

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 1, 2023	Sat	Regular Season (Guilderland Frigid Cup Invitational)	Averill Park High School, Ballston Spa High School, Bethlehem High School, Catholic Central, Troy, Fair Haven, Ichabod Crane @ Guilderland High School	10:00 AM		GHS Track	Departure Time: 8:15 AM Return Date: Return Time: 1:30 PM	NL
Apr 4, 2023	Tue	Regular Season	Averill Park High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L
Apr 15, 2023	Sat	Meet (Lady Eagle Invitational)	Vs. Multiple	8:00 AM	4:00 PM	High School Track	Departure Time: 8:15 AM Return Date: Return Time: 1:30 PM	NL
Apr 18, 2023	Tue	Regular Season	@ Shenendehowa High School	4:15 PM	6:55 PM	Shen High School East Stadium (Track)	Departure Time: 2:50 PM Return Date: Return Time: 6:00 PM	L
Apr 22, 2023	Sat	Regular Season (Warrior Track Classic)	Amsterdam, Schenectady High School (Girls Varsity Track), Colonie High School, Burnt Hills-Ballston Lake HS @ Niskayuna High School	9:15 AM		Mohonasen High School	Departure Time: 7:45 AM Return Date: Return Time: 2:00 PM	NL
Apr 25, 2023	Tue	Regular Season	@ Colonie High School	4:15 PM	6:55 PM	Colonie High Track	Departure Time: 2:50 PM Return Date: Return Time: 6:00 PM	L
Apr 29, 2023	Sat	Regular Season (Cohoes Relays)	@ Cohoes	TBD		Cohoes HS	Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM	L
May 2, 2023	Tue	Regular Season	Guilderland High School, Niskayuna High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L
May 8, 2023	Mon	Regular Season	Saratoga Springs High School @ Bethlehem High School	4:15 PM	6:55 PM	High School Track	Departure Time: 2:50 PM Return Date: Return Time: 6:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 12, 2023	Fri	Regular Season (SHEN INVY)	Guilderland High School, Colonie High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Girls Varsity Track), Albany High School, Niskayuna High School @ Shenendehowa High School	4:00 PM	10:00 PM	Shen High School East Stadium (Track)	<b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
May 17, 2023	Wed	Meet (SSC Championships)	Vs. Multiple	4:00 PM	7:55 PM	APHS Track	<b>Departure Time:</b> 2:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	NL
May 18, 2023	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:00 PM	7:55 PM	GHS Track	<b>Departure Time:</b> 2:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	NL
May 24, 2023	Wed	Post-Season (Track Sectionals)	Guilderland High School, Saratoga Springs High School, Niskayuna High School, Shenendehowa High School @ Colonie High School	4:00 PM		Colonie High Track	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	NL
Jun 1, 2023	Thu	Post-Season (STATE QUALIFIERS)	Amsterdam, Schuylerville, Saratoga Springs High School, Guilderland High School, Niskayuna High School @ Shenendehowa High School	5:00 PM		Shen High School East Stadium (Track)		L
Jun 2, 2023	Fri	Post-Season (STATE QUALIFIERS)	Schuylerville, Amsterdam, Saratoga Springs High School, Guilderland High School, Niskayuna High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L

Date: 2025-12-05