# 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 | 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) | **Departure Time:** 3:00 PM **Return Date:** **Return Time:** 9:00 PM | L |
| May 17, 2023 | Wed | Meet (SSC Championships) | Vs. Multiple | 4:00 PM | 7:55 PM | APHS Track | **Departure Time:** 2:15 PM **Return Date:** **Return Time:** 5:30 PM | NL |
| May 18, 2023 | Thu | Meet (SSC JV Championships) | Vs. Multiple | 4:00 PM | 7:55 PM | GHS Track | **Departure Time:** 2:15 PM **Return Date:** **Return Time:** 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 | **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 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) | **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 9:00 PM | L |

Date: 2024-10-12