



# 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 6, 2024	Sat	Regular Season (Frigid Cup Invitational)	Ballston Spa High School @ Guilderland High School	10:00 AM	5:00 PM	GHS Track	<b>Departure Time:</b> 8:15 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	NL
Apr 9, 2024	Tue	Regular Season	@ Averill Park High School	5:30 PM	8:10 PM	APHS Track	<b>Departure Time:</b> 4:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Apr 13, 2024	Sat	Regular Season (Nanuet Relays)	@ TBD	9:00 AM		Nanuet Senior High School		NL
Apr 17, 2024	Wed	Regular Season	Shenendehowa High School, Christian Brothers Academy, Albany	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L
Apr 24, 2024	Wed	Regular Season	Colonie High School	4:00 PM	6:00 PM	Arthur Walker Field- Shaker High School		L
Apr 27, 2024	Sat	Regular Season (Luciano Track Invitational)	Schuylerville, Burnt Hills-Ballston Lake HS, Lake George, Ballston Spa High School, Broadalbin-Perth, South Glens Falls @ Hudson Falls	10:00 AM		Hudson Falls HS	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	NL
May 1, 2024	Wed	Regular Season	Guilderland High School @ Niskayuna High School	4:15 PM	6:55 PM	Niskayuna High School	<b>Departure Time:</b> 2:40 PM <b>Return Date:</b> <b>Return Time:</b> 5:00 PM	L
May 4, 2024	Sat	Regular Season (Colonie Relays)	Burnt Hills-Ballston Lake HS, Ballston Spa High School, Schenectady High School (Girls Varsity Track), Saratoga Springs High School, Albany High School, Cairo-Durham @ Colonie High School	TBD		Colonie High Track		L
May 8, 2024	Wed	Regular Season	Bethlehem High School, Saratoga Springs High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 10, 2024	Fri	Regular Season	Niskayuna High School, Burnt Hills-Ballston Lake HS, Troy, Ballston Spa High School, Bethlehem High School, Albany High School, Schenectady High School (Girls Varsity Track), Colonie High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)	<b>Departure Time:</b> 2:40 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
May 14, 2024	Tue	Regular Season (Suburban Council Girl's Championships)	Albany High School, Shenendehowa High School, Niskayuna High School, Averill Park High School, Burnt Hills-Ballston Lake HS, Schenectady High School (Girls Varsity Track), Saratoga Springs High School, Colonie High School, Troy, Bethlehem High School, Columbia High School, Ballston Spa High School, Guilderland High School @ TBD	4:15 PM	7:30 PM	APHS Track	<b>Departure Time:</b> 2:40 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
May 18, 2024	Sat	Regular Season (Eddy Meet)	Burnt Hills-Ballston Lake HS, Ballston Spa High School @ Schenectady High School (Girls Varsity Track)	9:00 AM		Larry Mulvaney Field	<b>Departure Time:</b> 7:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	L
May 22, 2024	Wed	Post-Season (Section 2 Championships)	@ TBD	4:00 PM		Guilderland High School	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 6:30 PM	L
May 30, 2024	Thu	Post-Season (State Qualifier)	@ TBD	4:00 PM		Guilderland High School		L
May 31, 2024	Fri	Post-Season (State Qualifier)	@ TBD	4:00 PM		Guilderland High School	<b>Departure Time:</b> 2:40 PM <b>Return Date:</b> <b>Return Time:</b> 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