



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 5, 2025	Sat	Regular Season (Guilderland Frigid Cup Invitational)	Saratoga Springs High School, Greenville, Schuylerville, Shenendehowa High School, Watervliet, Ravena-Coeymans @ Guilderland High School	10:00 AM		GHS Track	Departure Time: 8:20 AM Return Date: Return Time: 1:30 PM	L
Apr 9, 2025	Wed	Regular Season	Ballston Spa High School, Bethlehem High School	3:30 PM		Arthur Walker Field- Shaker High School		L
Apr 11, 2025	Fri	Regular Season	Schenectady High School (Girls Varsity Track), Colonie High School, Burnt Hills-Ballston Lake HS @ Niskayuna High School	4:30 PM	8:00 PM	NHS Track		L
Apr 17, 2025	Thu	Regular Season (Mountie Madness Invitational)	@ TBD	4:30 PM		Suffern Middle School	Departure Time: 11:30 AM Return Date: Return Time: 12:00 AM	NL
Apr 22, 2025	Tue	Regular Season	Schenectady High School (Girls Varsity Track)	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L
Apr 26, 2025	Sat	Regular Season (Anthony Luciano Memorial Invitational 2025)	TBD, Lake George, Broadalbin-Perth, Burnt Hills-Ballston Lake HS, Gloversville, Albany Academies, Emma Willard, Rutland, Schuylerville, Beekmantown, Niskayuna High School, Averill Park High School, Hoosic Valley, Queensbury, Mount Anthony, South Glens Falls, Glens Falls, Greenwich, Ichabod Crane @ Hudson Falls	9:30 AM		Hudson Falls HS	Departure Time: 7:45 AM Return Date: Return Time: 2:00 PM	NL
Apr 29, 2025	Tue	Regular Season	@ Shenendehowa High School	4:15 PM	6:55 PM	Shen High School East Stadium (Track)	Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 3, 2025	Sat	Regular Season (Colonie Relays)	Ballston Spa High School, Albany High School, Greenville, Saratoga Springs High School, Cooperstown, Schenectady High School (Girls Varsity Track), Academy of Holy Names, Burnt Hills-Ballston Lake HS @ Colonie High School	TBD		Colonie High Track		L
May 6, 2025	Tue	Regular Season (Senior Recognition)	Colonie High School	4:15 PM	6:55 PM	Arthur Walker Field- Shaker High School		L
May 9, 2025	Fri	Regular Season (Shen Invy)	Scotia-Glenville, Ballston Spa High School, Colonie High School, Albany High School, Schenectady High School (Girls Varsity Track), Niskayuna High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)	Departure Time: 2:00 PM Return Date: Return Time: 9:00 PM	L
May 13, 2025	Tue	Regular Season	Saratoga Springs High School, Columbia High School @ Albany High School	4:15 PM	6:55 PM	Albany Turf Stadium Field	Departure Time: 2:30 PM Return Date: Return Time: 5:30 PM	L
May 17, 2025	Sat	Regular Season (Eddy Meet)	Shenendehowa High School, Ballston Spa High School, Burnt Hills-Ballston Lake HS @ Schenectady High School (Girls Varsity Track)	8:00 AM		Schenectady High School Track & Field	Departure Time: 7:15 AM Return Date: Return Time: 12:30 PM	NL
May 20, 2025	Tue	Meet (SSC Championships)	Vs. Multiple	3:30 PM	7:55 PM	APHS Track	Departure Time: 2:00 PM Return Date: Return Time: 7:00 PM	NL
May 28, 2025	Wed	Post-Season (Sectionals)	@ TBD	TBD		Colonie High School	Departure Time: 2:15 PM Return Date: Return Time: 6:30 PM	L
Jun 5, 2025	Thu	Post-Season (State Quals)	Saratoga Springs High School, Lake George, Watervliet, Niskayuna High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)		L
Jun 6, 2025	Fri	Post-Season (State Quals)	Saratoga Springs High School, Lake George, Watervliet, Niskayuna High School @ Shenendehowa High School	4:00 PM		Shen High School East Stadium (Track)		L

