



Shaker High School

(G) V Winter Track

Coaches:

- Lavaughn Garland, Head Coach
- Arnel Joyner, Asst Coach
- Jenny DeBellis, Asst Coach
- Gary Czupil, Asst Coach
- Anthony Majeran, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 25, 2018	Sun	Regular Season (All Comers Meet)	TBD	8:00 AM	1:30 PM	Union College		L
Dec 8, 2018	Sat	Meet (Ithaca College Invitational)	Vs. Multiple	9:00 AM	5:00 PM	TBD		NL
Dec 9, 2018	Sun	Regular Season (League meet #1)	TBD	12:00 PM	7:00 PM	Hudson Valley Community College		L
Dec 15, 2018	Sat	Meet (AT&T Coaches Invitational)	Vs. Multiple	2:00 PM	8:00 PM	NYC Armory		NL
Dec 16, 2018	Sun	Regular Season (League meet #2)	TBD	8:00 AM	1:30 PM	Hudson Valley Community College		L
Dec 23, 2018	Sun	Regular Season (League meet #3)	TBD	8:00 AM	1:30 PM	Hudson Valley Community College		L
Dec 28, 2018	Fri	Meet (Boston Holiday Challenge)	Vs. Multiple	10:00 AM	6:00 PM	TBD		NL
Dec 30, 2018	Sun	Regular Season (League meet #4)	TBD	8:00 AM	1:30 PM	Union College		L
Jan 5, 2019	Sat	Regular Season (League meet #5)	TBD	8:00 AM	1:30 PM	Union College		L
Jan 6, 2019	Sun	Meet (Springfield Invitational)	Vs. Multiple	9:00 AM	6:00 PM	Springfield College		NL
Jan 19, 2019	Sat	Meet (Utica Invitational)	Vs. Multiple	9:00 AM	6:00 PM	Utica University		NL
Jan 20, 2019	Sun	Regular Season (League meet #6)	TBD	8:00 AM	1:30 PM	Union College		L
Jan 26, 2019	Sat	Meet (SSC Frosh Championships)	Vs. Multiple	8:00 AM		Union College		NL
Feb 3, 2019	Sun	Meet (SSC Championships)	Vs. Multiple	8:00 AM		SUNY Albany	Departure Time: 6:30 AM Return Date: Return Time: 11:00 AM	NL
Feb 17, 2019	Sun	Meet (Sectionals)	Vs. Multiple	2:30 PM		TBD		NL
Feb 18, 2019	Mon	Post-Season (Sectionals)	TBD	8:00 AM	2:00 PM	SEFCU Arena		L
Feb 24, 2019	Sun	Post-Season (State Qualifier)	TBD	TBD		SEFCU Arena		L
Mar 2, 2019	Sat	Post-Season (State Championship)	TBD	8:00 AM		Ocean Breeze Athletic Complex		L

Date: 2026-01-31