



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 | <p>Departure Time: 6:30 AM</p> <p>Return Date: Return Time: 11:00 AM</p> | 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