



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 / NON-LEAGUE
Dec 7, 2019	Sat	Regular Season	@ TBD	8:00 AM		Union College	Departure Time: 6:30 AM Return Date: Return Time: 12:30 PM L
Dec 14, 2019	Sat	Regular Season (Ithaca Invitational)	@ TBD	9:00 AM		Ithaca College	NL
Dec 15, 2019	Sun	Regular Season	@ TBD	8:00 AM		Hudson Valley Community College	Departure Time: 6:45 AM Return Date: Return Time: 1:00 PM L
Dec 21, 2019	Sat	Regular Season (Ocean Breeze Invitation)	@ TBD	9:00 AM		Ocean Breeze Athletic Complex	L
CANCELLED Dec 28, 2019	Sat	Regular Season	@ TBD	8:00 AM		Union College	Departure Time: 6:30 AM Return Date: Return Time: 1:00 PM L
Dec 29, 2019	Sun	Regular Season	@ TBD	9:45 AM		Utica University	L
Jan 3, 2020	Fri	Regular Season	@ TBD	1:45 PM	7:15 PM	Union College	Departure Time: 12:15 PM Return Date: Return Time: 6:45 PM L
Jan 5, 2020	Sun	Regular Season (Springfield Invitational)	@ TBD	9:45 AM		Springfield College	L
CANCELLED Jan 11, 2020	Sat	Regular Season	@ TBD	8:00 PM		Union College	Departure Time: 6:30 AM Return Date: Return Time: 1:00 PM L
Jan 18, 2020	Sat	Regular Season (New Balance Games)	@ TBD	8:30 AM		The Amory	L
Jan 19, 2020	Sun	Regular Season	@ TBD	8:00 AM		Hudson Valley Community College	Departure Time: 6:45 AM Return Date: Return Time: 1:00 PM L
Jan 19, 2020	Sun	Regular Season (League Meet 6E)	Cairo-Durham, TBD, Guilderland High School, LaSalle Institute, Maple Hill, Saratoga Springs High School, Stillwater @ Tamarac	8:00 AM	1:30 PM	Hudson Valley Community College	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Jan 24, 2020	Fri	Regular Season (CNY Invitational)	@ TBD	4:00 PM		Utica University	Departure Time: 12:45 PM Return Date: Return Time: 6:00 PM L
Jan 26, 2020	Sun	Regular Season (Freshman Championships)	@ TBD	10:00 AM		Hudson Valley Community College	Departure Time: 8:30 AM Return Date: Return Time: 1:00 PM L
Feb 6, 2020	Thu	Meet (SSC CHAMPIONSHIPS - Shot Put and Weight Throws)	Vs. Multiple	4:30 PM		Koda Middle School White Gym	NL
Feb 8, 2020	Sat	Meet (SSC CHAMPIONSHIPS - Pole Vault)	Vs. Multiple	7:00 AM		Koda Middle School White Gym	Departure Time: 5:40 AM Return Date: Return Time: 12:30 PM NL
Feb 9, 2020	Sun	Post-Season (Suburban Council Championships)	@ TBD	2:15 PM		SEFCU Arena	Departure Time: 12:30 PM Return Date: Return Time: 6:00 PM L
Feb 16, 2020	Sun	Post-Season (Varsity Championships)	@ TBD	8:00 AM		SEFCU Arena	Departure Time: 6:30 AM Return Date: Return Time: 1:00 PM L
Feb 23, 2020	Sun	Post-Season (State Qualifiers)	@ TBD	8:00 AM		SEFCU Arena	Departure Time: 6:45 AM Return Date: Return Time: 1:00 PM L

Date: 2026-01-31