



# 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
Dec 4, 2021	Sat	Regular Season (Meet #1)	TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L
Dec 5, 2021	Sun	Regular Season (Ithaca Invitational)	TBD	3:00 PM		Ithaca College		L
Dec 12, 2021	Sun	Regular Season (Meet #2)	TBD	8:00 AM		Hudson Valley Community College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L
Dec 18, 2021	Sat	Regular Season (Meet #3)	TBD	8:00 AM		Union College		L
Dec 19, 2021	Sun	Regular Season (Bishop Laughlin)	TBD	TBD		Ocean Breeze Athletic Complex		L
Dec 29, 2021	Wed	Regular Season (Meet #4)	TBD	8:00 AM		Hudson Valley Community College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 1:00 PM	L
Jan 8, 2022	Sat	Regular Season (Springfield Invitational)	TBD	9:45 AM		Springfield College		L
Jan 9, 2022	Sun	Regular Season (Meet #5)	TBD	8:00 AM		Hudson Valley Community College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L
Jan 16, 2022	Sun	Regular Season (Meet #6)	TBD	8:00 AM		Hudson Valley Community College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 1:00 PM	L
Jan 22, 2022	Sat	Regular Season (Freshman Championships)	TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L
Jan 22, 2022	Sat	Regular Season (New Balance Invitational)	TBD	TBD		NYC Armory		L
Jan 23, 2022	Sun	Regular Season (Frank Dimasi Invitational)	TBD	9:45 AM		Utica University	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	L
Jan 29, 2022	Sat	Regular Season (Suburban Council Championships)	TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L
Mar 4, 2022	Fri	Post-Season (NYS Championship)	TBD	TBD		Ocean Breeze Athletic Complex		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 11, 2022	Fri	Post-Season (New Balance Championship)	TBD	TBD		NYC Armory		L

Date: 2025-12-16