



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 3, 2022	Sat	Regular Season (League Meet #1)	TBD	1:45 PM		Union College	L
Dec 10, 2022	Sat	Regular Season (League Meet #2)	TBD	8:00 AM		Union College	Departure Time: 6:45 AM Return Date: Return Time: 12:30 PM L
Dec 17, 2022	Sat	Regular Season (League Meet #3)	TBD	1:45 PM		Union College	Departure Time: 12:45 PM Return Date: Return Time: 6:30 PM L
Dec 28, 2022	Wed	Regular Season (CNY Classic)	TBD	12:00 PM		Utica University	Departure Time: 9:15 AM Return Date: Return Time: 8:00 PM L
Dec 30, 2022	Fri	Regular Season (League Meet #4)	TBD	1:45 PM		Union College	Departure Time: 12:45 PM Return Date: Return Time: 6:30 PM L
Jan 7, 2023	Sat	Regular Season (League Meet #5)	TBD	8:00 AM		Union College	Departure Time: 6:45 AM Return Date: Return Time: 12:00 PM L
Jan 8, 2023	Sun	Regular Season (Springfield Invitational)	TBD	9:00 AM		Springfield College	Departure Time: 6:30 AM Return Date: Return Time: 2:00 PM L
Jan 13, 2023	Fri	Regular Season (New Balance Invitational)	TBD	5:00 PM		The Amory	NL
Jan 15, 2023	Sun	Regular Season (Viking Meet)	TBD	9:00 AM		Hudson Valley Community College	Departure Time: 7:30 AM Return Date: Return Time: 2:00 PM L
Jan 21, 2023	Sat	Regular Season (Freshman Championships)	TBD	8:00 AM		Union College	Departure Time: 6:15 AM Return Date: Return Time: 12:00 PM L
Jan 29, 2023	Sun	Post-Season (Sectionals)	TBD	8:00 AM		Union College	L
Feb 12, 2023	Sun	Post-Season (State Qualifier)	TBD	8:00 AM		Union College	L

Date: 2026-01-31