



# 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 3, 2023	Sun	Regular Season (Ithaca Bomber Invitational)	@ TBD	8:00 AM		Ithaca College		L
Dec 9, 2023	Sat	Regular Season (League Meet #1)	@ TBD	8:00 PM		Hudson Valley Community College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 1:30 PM	L
Dec 16, 2023	Sat	Regular Season (League Meet #2)	@ TBD	3:00 PM		Union College	<b>Departure Time:</b> 1:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	L
Dec 17, 2023	Sun	Regular Season (Bishop Laughlin Invitational)	@ TBD	TBD		Ocean Breeze Athletic Complex		L
Dec 23, 2023	Sat	Regular Season (League Meet #3)	@ 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
Dec 27, 2023	Wed	Regular Season (Boston Holiday Challenge)	@ TBD	TBD		The track at New Balance		L
Dec 28, 2023	Thu	Regular Season (League Meet #4)	@ TBD	3:00 PM		Hudson Valley Community College	<b>Departure Time:</b> 1:45 PM <b>Return Date:</b> <b>Return Time:</b> 7:15 PM	L
Jan 12, 2024	Fri	Regular Season (Steve Borbet Invitational)	@ TBD	TBD		NYC Armory		NL
CANCELLED Jan 14, 2024	Sun	Regular Season (League Meet #5)	@ TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 1:30 PM	L
Jan 20, 2024	Sat	Regular Season (All Comers Meet)	@ TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:45 AM <b>Return Date:</b> <b>Return Time:</b> 1:15 PM	L
Jan 21, 2024	Sun	Regular Season (Freshman Championships)	@ TBD	1:30 PM		Hudson Valley Community College	<b>Departure Time:</b> 12:15 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Jan 27, 2024	Sat	Regular Season (Sectionals)	@ TBD	5:30 PM		Hudson Valley Community College	<b>Departure Time:</b> 4:15 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Feb 3, 2024	Sat	Regular Season (Sectionals)	@ TBD	8:00 AM		Shenendehowa High School		L
Feb 4, 2024	Sun	Regular Season (Springfield Invitational)	@ TBD	9:45 AM		Springfield College	<b>Departure Time:</b> 6:00 AM <b>Return Date:</b> <b>Return Time:</b> 1:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 10, 2024	Sat	Post-Season (State Qualifier)	@ TBD	9:00 AM		Hudson Valley Community College		L
Feb 18, 2024	Sun	Regular Season (State Qualifier)	@ TBD	8:30 AM		Shenendehowa High School		L
Mar 2, 2024	Sat	Post-Season (State Championships)	TBD	8:30 AM		Ocean Breeze Athletic Complex		L

Date: 2026-01-31