



# 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 7, 2024	Sat	Regular Season (League Meet #1)	@ TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:40 PM	L
Dec 8, 2024	Sun	Regular Season (Ithaca Bomber Invitational)	@ TBD	9:00 AM		Ithaca College		L
Dec 21, 2024	Sat	Regular Season (Ocean Breeze Invitational)	@ TBD	8:00 AM		Ocean Breeze Athletic Complex		L
Dec 21, 2024	Sat	Regular Season (League Meet #2)	@ TBD	3:00 PM		Hudson Valley Community College	<b>Departure Time:</b> 1:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:45 PM	L
Dec 27, 2024	Fri	Regular Season (League Meet #3)	@ TBD	3:00 PM		Hudson Valley Community College	<b>Departure Time:</b> 1:30 PM <b>Return Date:</b> <b>Return Time:</b> 8:45 PM	L
Dec 28, 2024	Sat	Regular Season (Utica Invitational)	@ TBD	10:00 AM		Utica University	<b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 4:30 PM	NL
Jan 4, 2025	Sat	Regular Season (League Meet #4)	@ TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:45 PM	L
Jan 11, 2025	Sat	Regular Season (Utica Invitational)	@ TBD	12:00 PM		Utica University	<b>Departure Time:</b> 9:00 AM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	L
Jan 19, 2025	Sun	Regular Season (League Meet #5)	@ TBD	8:00 AM		Union College	<b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:40 PM	L
Feb 1, 2025	Sat	Regular Season (Purple Champion Invitational)	@ TBD	10:00 AM		NYC Armory		NL
Feb 2, 2025	Sun	Post-Season (Freshman Championships)	@ TBD	9:00 AM		Union College	<b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:45 PM	L
POSTPONED Feb 9, 2025	Sun	Post-Season (Suburban Council Championships)	@ TBD	TBD		Union College	<b>Departure Time:</b> 6:30 AM <b>Return Date:</b> <b>Return Time:</b> 2:40 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 16, 2025	Sun	Post-Season (Section 2 Championships)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Time: 6:30 AM Return Date: Return Time: 3:00 PM	L
Feb 22, 2025	Sat	Post-Season (State Qualifier)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Time: 6:30 AM Return Date: Return Time: 3:00 PM	L
Mar 4, 2025	Tue	Post-Season (Eastern States Tournament)	@ TBD	4:00 PM		NYC Armory		NL
Mar 8, 2025	Sat	Post-Season (State Championships)	@ TBD	TBD		Ocean Breeze Athletic Complex		L

Date: 2026-01-08