



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, 2024 | Sat | Regular Season (League Meet #1) | @ TBD | 8:00 AM | | Union College | Departure Time: 6:30 AM Return Date: L Return Time: 2:40 PM |
| 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 | Departure Time: 1:30 PM Return Date: L Return Time: 8:45 PM |
| Dec 27, 2024 | Fri | Regular Season (League Meet #3) | @ TBD | 3:00 PM | | Hudson Valley Community College | Departure Time: 1:30 PM Return Date: L Return Time: 8:45 PM |
| Dec 28, 2024 | Sat | Regular Season (Utica Invitational) | @ TBD | 10:00 AM | | Utica University | Departure Time: 7:00 AM Return Date: NL Return Time: 4:30 PM |
| Jan 4, 2025 | Sat | Regular Season (League Meet #4) | @ TBD | 8:00 AM | | Union College | Departure Time: 6:30 AM Return Date: L Return Time: 2:45 PM |
| Jan 11, 2025 | Sat | Regular Season (Utica Invitational) | @ TBD | 12:00 PM | | Utica University | Departure Time: 9:00 AM Return Date: L Return Time: 5:30 PM |
| Jan 19, 2025 | Sun | Regular Season (League Meet #5) | @ TBD | 8:00 AM | | Union College | Departure Time: 6:30 AM Return Date: L Return Time: 2:40 PM |
| 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 | Departure Time: 6:30 AM Return Date: L Return Time: 2:45 PM |
| POSTPONED Feb 9, 2025 | Sun | Post-Season (Suburban Council Championships) | @ TBD | TBD | | Union College | Departure Time: 6:30 AM Return Date: L Return Time: 2:40 PM |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION / 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