



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 6, 2025	Sat	Regular Season (League Meet #1)	TBD	8:00 AM		Hudson Valley Community College	L
Dec 13, 2025	Sat	Regular Season (Jambar Coaches Hall of Fame)	TBD	8:00 AM		NYC Armory	NL
Dec 14, 2025	Sun	Regular Season (League Meet #2)	TBD	8:00 AM		Union College	L
Dec 20, 2025	Sat	Regular Season (League Meet #3)	TBD	8:00 AM		Hudson Valley Community College	L
Dec 20, 2025	Sat	Regular Season (Jim Mitchell Invitational)	TBD	4:00 PM		NYC Armory	NL
Dec 27, 2025	Sat	Regular Season (CNY Holiday Classic)	@ TBD	10:00 AM		Utica University	NL
Dec 28, 2025	Sun	Regular Season (League Meet #4)	TBD	8:00 AM		Hudson Valley Community College	L
Jan 3, 2026	Sat	Regular Season (League Meet #5)	TBD	8:00 AM		Union College	L
Jan 10, 2026	Sat	Regular Season (Nor'Easter at the Track)	TBD	9:00 AM		The Track at New Balance	NL
Jan 11, 2026	Sun	Regular Season (Ed Cepiel Invitational)	TBD	9:00 AM		Springfield College	NL
Jan 17, 2026	Sat	Regular Season (Pre-National Tune Up)	@ TBD	9:00 AM		The Track at New Balance	NL
Jan 18, 2026	Sun	Post-Season (Freshman Championships)	TBD	8:00 AM		Union College	L
Jan 25, 2026	Sun	Post-Season (Suburban Council Championships)	TBD	8:00 AM		Union College	L
Feb 7, 2026	Sat	Post-Season (Purple Champion Invitational)	TBD	8:00 AM		NYC Armory	L
Mar 6, 2026	Fri	Post-Season (NYS Championship)	TBD	TBD		Ocean Breeze Athletic Complex	L

Date: 2026-01-09