



Shaker High School

(B) V Winter Track

Coaches:

- ZaQuan Irby, Head Coach
- Gary Czupil, Asst Coach
- Dylan Hedderman, Asst Coach
- Chris Sawyer, Asst Coach
- Mark Thompson, Asst Coach
- Dan Bruton, Asst Coach
- Tyrone Vignola, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Dec 3, 2023	Sun	Regular Season (Ithaca Bomber Invitational)	@ TBD	9:30 AM		Ithaca College		NL
Dec 9, 2023	Sat	Regular Season (League Meet #1)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Time: 6:30 AM Return Date: Return Time: 12:30 PM	L
CANCELLED Dec 16, 2023	Sat	Regular Season (League Meet #3)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Time: 6:30 AM Return Date: Return Time: 12:30 PM	L
Dec 16, 2023	Sat	Regular Season (Bishop Louhglin Games)	@ TBD	9:00 AM		Ocean Breeze Athletic Complex		L
Dec 16, 2023	Sat	Regular Season (League Meet #2)	@ TBD	3:00 PM		Union College	Departure Time: 1:30 PM Return Date: Return Time: 8:30 PM	L
Dec 23, 2023	Sat	Regular Season (League Meet #3)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Time: 6:30 AM Return Date: Return Time: 1:00 PM	L
Dec 23, 2023	Sat	Regular Season (North Shore Invitational)	@ TBD	9:00 AM		NYC Armory		NL
Dec 26, 2023	Tue	Practice	N/A	12:00 PM		Hudson Valley Community College	Departure Time: 11:30 AM Return Date: Return Time: 2:00 PM	
Dec 28, 2023	Thu	Regular Season (League Meet #4)	@ TBD	3:00 PM		Hudson Valley Community College	Departure Time: 1:30 PM Return Date: Return Time: 7:00 PM	L
Dec 29, 2023	Fri	Regular Season (Holiday Classic)	@ TBD	9:00 AM		NYC Armory		L
Jan 5, 2024	Fri	Regular Season (Hispanic Games)	@ TBD	TBD		NYC Armory		NL
Jan 13, 2024	Sat	Regular Season (Utica Invitational)	@ TBD	12:00 PM		Utica University	Departure Time: 9:00 AM Return Date: Return Time: 5:00 PM	NL
CANCELLED Jan 14, 2024	Sun	Regular Season (League Meet #5)	@ TBD	8:00 AM		Union College	Departure Time: 6:30 AM Return Date: Return Time: 1:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 20, 2024	Sat	Regular Season (All Comers Meet)	TBD	8:00 AM		Union College	Departure Time: 6:30 AM Return Date: Return Time: 2:00 PM	L
Jan 21, 2024	Sun	Post-Season (Freshman Championships)	@ TBD	1:30 PM		Hudson Valley Community College	Departure Time: 12:00 PM Return Date: Return Time: 7:00 PM	NL
Jan 27, 2024	Sat	Post-Season (Sectionals)	@ TBD	5:30 PM		Hudson Valley Community College	Departure Time: 4:00 PM Return Date: Return Time: 11:00 PM	L
Feb 4, 2024	Sun	Regular Season (Springfield Invitational)	@ TBD	9:45 AM		Springfield College	Departure Time: 5:45 AM Return Date: Return Time: 4:00 PM	NL
Feb 10, 2024	Sat	Regular Season (State Qualifier)	@ TBD	9:00 AM		Hudson Valley Community College	Departure Time: 7:30 AM Return Date: Return Time: 3:00 PM	L
Mar 2, 2024	Sat	Post-Season (State Championships)	@ TBD	TBD		Ocean Breeze Athletic Complex		L
CANCELLED	TBD	Practice	N/A	12:00 PM		Hudson Valley Community College	Departure Time: 11:30 AM Return Date: Return Time: 2:00 PM	

Date: 2024-05-03