



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, 2022	Sat	Regular Season (League Meet #1)	TBD	1:45 PM		Union College	Departure Time: 12:30 PM Return Date: Return Time: 6:30 PM	L
Dec 10, 2022	Sat	Regular Season (League Meet #2)	TBD	8:00 AM		Union College	Departure Time: 6:45 AM Return Date: Return Time: 12:00 PM	L
Dec 17, 2022	Sat	Regular Season (League Meet #3)	TBD	1:45 PM		Union College	Departure Time: 12:45 PM Return Date: Return Time: 6:30 PM	L
Dec 18, 2022	Sun	Regular Season (Ocean Breeze Invitational)	TBD	12:00 PM		Ocean Breeze Athletic Complex		L
Dec 28, 2022	Wed	Regular Season (Utica College)	TBD	12:00 PM		Utica University	Departure Time: 9:15 AM Return Date: Return Time: 5:00 PM	L
Dec 30, 2022	Fri	Regular Season (League Meet #4)	TBD	1:45 PM		Union College	Departure Time: 12:45 PM Return Date: Return Time: 6:30 PM	L
Jan 7, 2023	Sat	Regular Season (League Meet #5)	TBD	8:00 AM		Union College	Departure Time: 6:30 AM Return Date: Return Time: 12:00 PM	L
Jan 8, 2023	Sun	Regular Season (Springfield Invitational)	TBD	9:45 AM		Springfield College	Departure Time: 6:30 AM Return Date: Return Time: 3:00 PM	L
Jan 13, 2023	Fri	Regular Season (New Balance Invitational)	TBD	5:30 PM		The Amory		L
Jan 15, 2023	Sun	Regular Season (Viking Meet)	TBD	9:00 AM		Hudson Valley Community College	Departure Time: 7:30 AM Return Date: Return Time: 2:00 PM	L
Jan 21, 2023	Sat	Regular Season (Freshman Championships)	TBD	2:00 PM		Union College	Departure Time: 1:00 PM Return Date: Return Time: 7:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE / NON-LEAGUE
Jan 29, 2023	Sun	Regular Season (Sectionals)	TBD	8:00 AM		Union College	Departure Time: 6:15 AM Return Date: Return Time: 2:00 PM	L
Feb 5, 2023	Sun	Post-Season (State Qualifier)	TBD	2:00 PM		Hudson Valley Community College	Departure Time: 1:45 PM Return Date: Return Time: 7:00 PM	L
Mar 4, 2023	Sat	Regular Season (NYS Championship)	TBD	TBD		Ocean Breeze Athletic Complex		L

Date: 2024-05-03