



Albany Leadership Charter

(G) V Winter Track

Coaches:

- Tyler Ronan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 14, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 15, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 16, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 17, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 20, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 21, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 27, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 28, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 29, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 30, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 1, 2023	Fri	Regular Season (Invitational #1)	@ TBD	5:30 PM	10:00 PM	Nike Track & Field Center NYC	Durham Bus Services		Departure Point: ALH Front Gym Doors Departure Date: Dec 1, 2023 Departure Time: L 12:00 PM Return Date: Dec 2, 2023 Return Time: 1:00 AM
Dec 4, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 5, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 6, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 7, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 8, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 9, 2023	Sat	Regular Season (League Meet #1 (1D))	TBD	3:00 PM	8:30 PM	HVCC	Durham Bus Services		Departure Point: ALH Front Gym Doors Departure Time: L 1:30 PM Return Date: Return Time: 3:00 PM
Dec 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 12, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 19, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 20, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 21, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 22, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 23, 2023	Sat	Regular Season (League Meet #3 (3D))	TBD	3:00 PM	8:30 PM	HVCC	Bus/Driver: Durham Bus Services	Departure Point: ALH Front Gym Doors Departure Time: 1:30 PM Return Date: Return Time: 3:00 PM	L
Dec 26, 2023	Tue	Practice	N/A	9:00 AM	11:00 AM	TBD			
Dec 28, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	TBD			
Dec 28, 2023	Thu	Regular Season (League Meet #4 (4D))	TBD	3:00 PM	8:30 PM	HVCC	Bus/Driver: Durham Bus Services	Departure Point: ALH Front Gym Doors Departure Time: 1:30 PM Return Date: Return Time: 8:30 PM	L
Jan 2, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 3, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 4, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 5, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 7, 2024	Sun	Regular Season (Invitational #2)	TBD	9:45 AM	6:00 PM	Springfield College	Bus/Driver: Durham Bus Services	Departure Point: ALH Front Gym Doors Departure Time: 7:00 AM Return Date: Return Time: 7:30 PM	L
Jan 8, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 9, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 10, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 11, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 12, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 14, 2024	Sun	Regular Season (League Meet #5 (5C))	TBD	8:00 AM	2:30 PM	Union College	Bus/Driver: Durham Bus Services	Departure Point: ALH Front Gym Doors Departure Time: 6:30 AM Return Date: Return Time: 3:00 PM	L
Jan 16, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 17, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 18, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 19, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 22, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 23, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 24, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 25, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 26, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 27, 2024	Sat	Post-Season (Freshman Champs)	TBD	3:00 PM	8:30 PM	CBA - Sports Bubble	Bus/Driver: Durham Bus Services	Departure Point: ALH Front Gym Doors Departure Time: 1:30 PM Return Date: Return Time: 9:00 PM	L
Jan 28, 2024	Sun	Post-Season (League Championships)	TBD	8:00 AM	2:30 PM	CBA - Sports Bubble	Bus/Driver: Durham Bus Services	Departure Point: ALH Front Gym Doors Departure Time: 6:30 AM Return Date: Return Time: 3:00 PM	L
Jan 29, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 30, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 31, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 1, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 2, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 5, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 6, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 7, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 8, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 9, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			

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Feb 12, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 13, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 14, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 15, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 16, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			

Date: 2024-05-05