



Colonie High School

(B) V Winter Track

Coaches:

- Lisa Paparone, Head Coach
- Michael Palmer, Asst Coach
- Jake Johnson, Asst Coach
- Gabe Young, Asst Coach
- Joseph Yamin, Asst Coach
- Brandon Sesay, Asst Coach
- Justin Bopp, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 25, 2018	Sun	Regular Season (All Comers Meet)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Nov 30, 2018	Fri	Regular Season	TBD	5:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 11:30 AM Return Date: Return Time: 12:00 PM	L
Dec 1, 2018	Sat	Regular Season (League Meet 1A)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 8, 2018	Sat	Regular Season (Bomber Invitational)	TBD	10:00 AM		Ithaca College	Departure Point: High School Departure Time: 5:00 AM	L
Dec 15, 2018	Sat	Regular Season (Bishop Loughlin Games Boys)	TBD	9:00 AM		Ocean Breeze Athletic Complex	Departure Point: High School Departure Time: 5:00 AM	L
Dec 16, 2018	Sun	Regular Season (League Meet 2E)	@ TBD	8:00 AM		Hudson Valley Community College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 21, 2018	Fri	Regular Season	@ TBD	4:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 12:00 PM Return Date: Return Time: 12:00 AM	L
Dec 22, 2018	Sat	Regular Season (League Meet 3C)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM Return Date: Return Time: 12:30 PM	L
Dec 28, 2018	Fri	Regular Season (Boston Holiday Challenge)	@ TBD	9:00 AM		Reggie Lewis Track & Field Boston, MA	Departure Point: High School Departure Time: 6:30 AM Return Date: Return Time: 8:00 PM	L
Dec 30, 2018	Sun	Regular Season (League Meet 5C)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2019	Sat	Regular Season (League Meet 6A)	@ TBD	8:00 AM		Union College	Departure Time: 6:30 AM	L
Jan 6, 2019	Sun	Regular Season (Springfield Invitational)	@ TBD	9:00 AM		Springfield College, MA	Departure Point: High School Departure Time: 6:30 AM Return Date: Return Time: 6:00 PM	L
Jan 12, 2019	Sat	Regular Season (Dartmouth Relays)	@ TBD	8:00 AM		Dartmouth College		L
Jan 12, 2019	Sat	Regular Season (League Meet 6C)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Jan 18, 2019	Fri	Regular Season (New Balance Games)	@ TBD	4:00 PM		The Armory - NYC	Departure Point: SC/HS Departure Time: 11:30 AM Return Date: Return Time: 10:30 PM	L
CANCELLED Jan 19, 2019	Sat	Regular Season (Utica Invitational)	@ TBD	8:45 AM		Utica College	Departure Point: High School Departure Time: 6:00 AM Return Date: Return Time: 6:00 PM	L
Jan 26, 2019	Sat	Meet (SSC Frosh Championships)	Vs. Multiple	8:00 AM		Union College		NL
Jan 26, 2019	Sat	Regular Season (Frosh Championships)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Jan 26, 2019	Sat	Regular Season	TBD	9:00 AM		Ocean Breeze Athletic Complex	Departure Point: High School Departure Time: 4:30 AM Return Date: Return Time: 6:00 PM	L
Feb 3, 2019	Sun	Meet (SSC Championships)	Vs. Multiple	2:30 PM		SUNY Albany	Departure Point: High School (main entrance) Departure Time: 1:00 PM	NL
Feb 15, 2019	Fri	Regular Season (Invitational)	@ North Shore	TBD		The Armory - NYC	Departure Point: High School Departure Time: 11:45 AM Return Date: Return Time: 1:00 AM	L
Feb 18, 2019	Mon	Regular Season (Sectionals)	@ TBD	8:00 AM		SUNY Albany	Departure Time: 6:45 AM Return Date: Return Time: 2:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 24, 2019	Sun	Regular Season (State Qualifier)	@ TBD	9:00 AM		SUNY Albany	Departure Point: High School Departure Time: 7:45 AM Return Date: Return Time: 2:30 PM	L
Mar 1, 2019	Fri	Regular Season (NYSPHSAA State Meet)	@ TBD	3:00 PM		Ocean Breeze Athletic Complex	Departure Point: High School Departure Time: 11:00 AM	L
Mar 8, 2019	Fri	Regular Season (New Balance Indoor Nationals)	@ TBD	TBD		TBD		L

Date: 2024-07-29