



# 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 / NON-LEAGUE	LEAGUE
Dec 7, 2019	Sat	Regular Season (TCITL League Meet #1A)	TBD	8:00 AM		Union College	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	L
Dec 14, 2019	Sat	Regular Season (Bomber Invitational)	@ TBD	10:00 AM		Ithaca College	<b>Departure Point:</b> High School <b>Departure Time:</b> 5:00 AM	L
Dec 15, 2019	Sun	Regular Season (TCITL League Meet #2C)	@ TBD	8:00 AM		Hudson Valley Community College	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	L
Dec 20, 2019	Fri	Regular Season (TCITL League Meet #2E)	TBD	5:00 PM		Union College	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:30 PM	L
Dec 21, 2019	Sat	Regular Season (Energize Hall of Fame Invitational)	TBD	TBD		The Armory - NYC	<b>Departure Point:</b> High School <b>Departure Time:</b> 9:00 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L
Dec 27, 2019	Fri	Regular Season (Boston Holiday Challenge)	TBD	9:00 AM		Reggie Lewis Track & Field Boston, MA	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Dec 28, 2019	Sat	Regular Season (TCITL League Meet #4F)	TBD	1:45 PM		Union College	<b>Departure Point:</b> High School <b>Departure Time:</b> 12:00 PM	L
Dec 29, 2019	Sun	Regular Season (Utica Invitational)	TBD	9:45 AM		Utica College	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:00 AM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Jan 3, 2020	Fri	Regular Season (League Meet 5A)	Cohoes, Academy of Holy Names, LaSalle Institute, Mohonasen, Schenectady High School (Winter Track), Schuylerville, Scotia-Glenville, Shenendehowa High School, Stillwater @ Tamarac	8:00 AM	1:30 PM	Union College		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 3, 2020	Fri	Regular Season (TCITL League Meet #5A)	TBD	8:00 AM		Union College	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	L
Jan 5, 2020	Sun	Regular Season (Springfield Invitational)	TBD	9:45 AM		Springfield College, MA	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:15 AM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Jan 10, 2020	Fri	Regular Season (Yale Classic)	TBD	3:00 PM		Yale University New Haven, CT	<b>Departure Point:</b> High School <b>Departure Time:</b> 9:00 AM	L
Jan 11, 2020	Sat	Regular Season (Yale Classic)	TBD	8:00 AM		Yale University New Haven, CT		L
Jan 17, 2020	Fri	Regular Season (New Balance Games)	TBD	4:00 PM		The Armory - NYC	<b>Departure Point:</b> High School <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 AM	L
Jan 18, 2020	Sat	Regular Season (New Balance Games)	TBD	9:00 AM		The Armory - NYC	<b>Departure Point:</b> High School <b>Departure Time:</b> 5:00 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 AM	L
Jan 19, 2020	Sun	Regular Season (TCITL League Meet #6E)	TBD	8:00 AM		Hudson Valley Community College	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	L
CANCELLED Jan 25, 2020	Sat	Regular Season (Union Freshman Champs)	TBD	8:00 AM		Union College	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	L
Jan 25, 2020	Sat	Regular Season (Ocean Breeze Invitational)	TBD	9:00 AM		Ocean Breeze Athletic Complex	<b>Departure Point:</b> High School <b>Departure Time:</b> 4:30 AM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L
Jan 26, 2020	Sun	Regular Season	@ TBD	9:00 AM		Hudson Valley Community College	<b>Departure Point:</b> High School <b>Departure Time:</b> 8:45 AM	L
Feb 6, 2020	Thu	Meet (SSC CHAMPIONSHIPS - Shot Put and Weight Throws)	Vs. Multiple	4:30 PM		Koda Middle School White Gym		NL
Feb 6, 2020	Thu	Regular Season	@ TBD	TBD		Koda Middle School White Gym	<b>Departure Point:</b> High School <b>Departure Time:</b> 3:00 PM	L
Feb 8, 2020	Sat	Meet (SSC CHAMPIONSHIPS - Pole Vault)	Vs. Multiple	7:00 AM		Koda Middle School White Gym		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 8, 2020	Sat	Regular Season	@ TBD	TBD		Koda Middle School White Gym	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	L
Feb 9, 2020	Sun	Regular Season (Suburban Council Championship)	TBD	2:30 PM		SUNY Albany	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	L
Feb 9, 2020	Sun	Regular Season (Makeup @ HVCC)	TBD	TBD		Hudson Valley Community College	<b>Departure Point:</b> High School <b>Departure Time:</b> 12:30 PM	L
Feb 14, 2020	Fri	Regular Season (North Shore Pre-National Invitational)	TBD	4:00 PM		The Armory - NYC	<b>Departure Point:</b> High School <b>Departure Time:</b> 11:30 AM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Feb 16, 2020	Sun	Regular Season (Division 1 Sectionals)	TBD	8:00 AM		SUNY Albany	<b>Departure Point:</b> High School <b>Departure Time:</b> 6:30 AM	L
Feb 18, 2020	Tue	Regular Season (Eastern States Championships)	TBD	4:00 PM		The Armory - NYC	<b>Departure Point:</b> High School <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Feb 23, 2020	Sun	Regular Season (Section 2 State Qualifier)	TBD	8:30 AM		SUNY Albany	<b>Departure Point:</b> High School <b>Departure Time:</b> 7:15 AM	L
Mar 7, 2020	Sat	Regular Season (NYS Championships)	TBD	3:00 PM		Ocean Breeze Athletic Complex	<b>Departure Point:</b> High School <b>Departure Time:</b> 12:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	L

Date: 2024-07-28