



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
Dec 2, 2022	Fri	Regular Season (North Shore Season Opener)	TBD	4:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 11:00 AM	L
Dec 3, 2022	Sat	Regular Season (TCITL League Meet 1A)	TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 10, 2022	Sat	Regular Season (TCITL League Meet 2A)	TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 17, 2022	Sat	Regular Season (TCITL League Meet 3A)	TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Dec 17, 2022	Sat	Regular Season (Energice Hall of Fame Meet)	TBD	8:00 AM		The Armory - NYC	Departure Point: High School Departure Time: 5:00 AM	L
CANCELLED Dec 27, 2022	Tue	Regular Season (TCITL League Meet 4C)	TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
CANCELLED Dec 27, 2022	Tue	Regular Season (Boston Holiday Challenge)	TBD	12:00 PM		Reggie Lewis Track & Field Boston, MA	Departure Point: High School Departure Time: 8:00 AM	L
Dec 28, 2022	Wed	Regular Season	@ TBD	12:00 PM		Utica College	Departure Point: High School Departure Time: 8:00 AM	L
Dec 30, 2022	Fri	Regular Season	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Jan 7, 2023	Sat	Regular Season (TCITL League Meet 5A)	TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:30 AM	L
Jan 8, 2023	Sun	Regular Season (Ed Cepiel Invitational)	TBD	9:00 AM		Springfield College, MA	Departure Point: High School Departure Time: 6:00 AM	L
CANCELLED Jan 14, 2023	Sat	Regular Season (Jack Reed Showcase @ Nazareth College)	TBD	8:00 AM		TBD	Departure Point: High School Departure Time: 6:30 AM	L
Jan 15, 2023	Sun	Regular Season	@ TBD	TBD		The Armory - NYC	Departure Point: High School Departure Time: 5:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 20, 2023	Fri	Regular Season (New Balance - Freshman & JV)	@ TBD	4:00 PM		The Armory - NYC	Departure Point: High School Departure Time: 11:00 AM	L
Jan 21, 2023	Sat	Regular Season (Suburban Council Freshman/Varsity Championship)	@ TBD	8:00 AM		Union College	Departure Point: High School Departure Time: 6:45 AM	L
Jan 21, 2023	Sat	Regular Season (New Balance Games - Varsity)	@ TBD	TBD		The Armory - NYC	Departure Point: High School Departure Time: 5:00 AM	L
Feb 4, 2023	Sat	Regular Season (Division 1 Sectionals - Koda Middle School (Shen))	@ TBD	TBD		TBD	Departure Point: High School	L
Feb 4, 2023	Sat	Regular Season	@ TBD	TBD		The Armory - NYC	Departure Point: High School	L
Feb 5, 2023	Sun	Regular Season (State Qualifiers)	@ TBD	TBD		Hudson Valley Community College	Departure Point: High School	L

Date: 2024-07-06