

## Coaches:

- Jason Usher, Head Coach
- Dan Penna, Asst Coach
- Mark Reynders, Asst Coach
- Julianne Scanlan, Asst Coach
- Dan Smitas

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 27, 2019	Wed	Regular Season	Christian Brothers Academy, Albany @ Albany High School	4:15 PM	6:30 PM	Albany Turf Stadium Field	Departure Point: 3 BUSES BY EAST GYM Departure Time: 2:40 PM	L
Apr 2, 2019	Tue	Regular Season	Saratoga Springs High School, Colonie High School	4:15 PM		GHS Track		L
Apr 6, 2019	Sat	Regular Season (New Paltz Invy)	@ New Paltz	9:00 AM	8:00 PM	New Paltz HS	Departure Point: EAST 2 BUSES Departure Time: 6:10 AM	L
Apr 13, 2019	Sat	Regular Season (Warrior Track Classic)	Queensbury, Bethlehem High School, Burnt Hills- Ballston Lake HS, Schenectady High School (Boys Varsity Track), Colonie High School, Ichabod Crane, South Glens Falls @ Niskayuna High School	9:15 AM	6:00 PM	High School	Departure Point: 1 BUS EAST Departure Time: 7:30 AM	L
Apr 16, 2019	Tue	Regular Season	Niskayuna High School @ Shaker High School	4:15 PM	6:30 PM	Arthur Walker Field- Shaker High School	Departure Point: EAST 3 BUSES Departure Time: 2:40 PM	L
Apr 18, 2019	Thu	Regular Season	Shenendehowa High School @ Bethlehem High School	4:15 PM		High School Track	Departure Point: 2 BUSES EAST Departure Time: 2:40 PM	L
Apr 23, 2019	Tue	Regular Season	@ Fonda-Fultonville	1:00 PM	4:00 PM	GHS Track	Departure Point: 1 BUS EAST Departure Time: 11:00 AM	L
Apr 27, 2019	Sat	Regular Season (TIGER RELAYS)	@ Kingston	9:00 AM	4:00 PM	Dietz Stadium Kingston	Departure Point: EAST 1 BUSES Departure Time: 6:15 AM	L
Apr 30, 2019	Tue	Regular Season	Ballston Spa High School, Christian Brothers Academy, Albany	4:15 PM		GHS Track		L
May 4, 2019	Sat	Regular Season (COLONIE RELAYS)	@ Colonie High School	8:30 AM	5:00 PM	Colonie High School MUG	Departure Point: EAST 1 BUSES Departure Time: 7:00 AM	L
May 10, 2019	Fri	Regular Season (SHEN INVY)	@ Shenendehowa High School	4:00 PM	7:00 PM	GHS Track	Departure Point: EAST 1 BUSES Departure Time: 2:00 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 11, 2019	Sat	Regular Season (Jack V. Irion Queensbury Invitational)	Burnt Hills-Ballston Lake HS, Ichabod Crane, South Glens Falls, Scotia- Glenville, Hudson Falls, Glens Falls, Amsterdam, Schuylerville, Granville, Corinth (Corinth/HL), Bethlehem High School, Saratoga Springs High School @ Queensbury	9:30 AM		Queensbury HS		L
May 14, 2019	Tue	Meet (SSC Championships)	Vs. Multiple	4:15 PM		Track	Departure Point: 1 BUS - EAST Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	NL
May 16, 2019	Thu	Meet (SSC JV Championships)	Vs. Multiple	4:15 PM		Saratoga Springs High School	Departure Point: 1 BUS - EAST Departure Time: 2:15 PM Return Date: Return Time: 6:30 PM	NL
May 18, 2019	Sat	Regular Season (EDDY MEET)	@ Schenectady High School (Boys Varsity Track)			Pat Riley Sports Center- Intramural Gym	<b>Departure Point:</b> NO BUS	L
May 22, 2019	Wed	Post-Season (Group 1 Co-Ed Sectionals)		3:00 PM	8:00 PM	GHS Track		NL
May 22, 2019	Wed	Regular Season (Sectionals)	Schenectady High School (Boys Varsity Track)	3:00 PM		Guilderland High School		L

Date: 2024-11-27