



# Shaker High School

## (B) V Winter Track

### Coaches:

- ZaQuan Irby, Head Coach
- Gary Czupil, Asst Coach
- Dylan Hedderman, Asst Coach
- Chris Sawyer, Asst Coach
- Mark Thompson, Asst Coach
- Dan Bruton, Asst Coach
- Tyrone Vignola, 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    | 1:30 PM  | Union College                   | <b>Departure Time:</b><br>6:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 1:00 PM  | L                   |
| Dec 8, 2018  | Sat      | Meet (Ithaca College Invitational) | Vs. Multiple | 9:00 AM    | 5:00 PM  | TBD                             |  | NL                  |
| Dec 9, 2018  | Sun      | Regular Season (League meet #1)    | TBD          | 12:00 PM   | 7:00 PM  | Hudson Valley Community College | <b>Departure Time:</b><br>10:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 3:30 PM | L                   |
| Dec 15, 2018 | Sat      | Meet (AT&T Coaches Invitational)   | Vs. Multiple | 2:00 PM    | 8:00 PM  | NYC Armory                      |  | NL                  |
| Dec 16, 2018 | Sun      | Regular Season (League meet #2)    | TBD          | 8:00 AM    | 1:30 PM  | Hudson Valley Community College | <b>Departure Time:</b><br>6:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 1:00 PM  | L                   |
| Dec 23, 2018 | Sun      | Regular Season (League meet #3)    | TBD          | 8:00 AM    | 1:30 PM  | Hudson Valley Community College | <b>Departure Time:</b><br>6:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 11:30 AM | L                   |
| Dec 28, 2018 | Fri      | Meet (Boston Holiday Challenge)    | Vs. Multiple | 10:00 AM   | 6:00 PM  | TBD                             |  | NL                  |
| Dec 30, 2018 | Sun      | Regular Season (League meet #4)    | TBD          | 8:00 AM    | 1:30 PM  | Union College                   | <b>Departure Time:</b><br>6:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 11:30 AM | L                   |
| Jan 5, 2019  | Sat      | Regular Season (League meet #5)    | TBD          | 8:00 AM    | 1:30 PM  | Union College                   | <b>Departure Time:</b><br>6:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 11:30 AM | L                   |
| Jan 6, 2019  | Sun      | Meet (Springfield Invitational)    | Vs. Multiple | 9:00 AM    | 6:00 PM  | Springfield College             | <b>Departure Time:</b><br>6:00 AM<br><b>Return Date:</b><br><b>Return Time:</b> 2:00 PM  | NL                  |
| Jan 19, 2019 | Sat      | Meet (Utica Invitational)          | Vs. Multiple | 9:00 AM    | 6:00 PM  | Utica University                |  | NL                  |
| Jan 20, 2019 | Sun      | Regular Season (League meet #6)    | TBD          | 8:00 AM    | 1:30 PM  | Union College                   | <b>Departure Time:</b><br>6:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 11:30 AM | L                   |
| Jan 26, 2019 | Sat      | Meet (SSC Frosh Championships)     | Vs. Multiple | 8:00 AM    |          | Union College                   | <b>Departure Time:</b><br>6:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 11:00 AM | NL                  |

| DATE         | WEEK DAY | TYPE                             | OPPONENTS    | START TIME | END TIME | LOCATION                      | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------------------------|--------------|------------|----------|-------------------------------|---|---------------------|
| Feb 3, 2019  | Sun      | Meet (SSC Championships)         | Vs. Multiple | 2:30 PM    |          | SUNY Albany                   | <b>Departure Time:</b><br>1:00 PM<br><b>Return Date:</b><br><b>Return Time:</b> 6:00 PM | NL                  |
| Feb 17, 2019 | Sun      | Meet (Sectionals)                | Vs. Multiple | 2:30 PM    |          | SEFCU Arena                   |   | NL                  |
| Feb 18, 2019 | Mon      | Post-Season (Sectionals)         | TBD          | 8:00 AM    | 2:00 PM  | SEFCU Arena                   | <b>Departure Time:</b><br>6:30 AM<br><b>Return Date:</b><br><b>Return Time:</b> 2:00 PM | L                   |
| Feb 24, 2019 | Sun      | Post-Season (State Qualifier)    | TBD          | TBD        |          | SEFCU Arena                   |   | L                   |
| Mar 2, 2019  | Sat      | Post-Season (State Championship) | TBD          | 8:00 AM    |          | Ocean Breeze Athletic Complex |   | L                   |

Date: 2024-07-06