

## COLUMBIA GIRLS OUTDOOR TRACK SCHEDULE- 2023

**(SUBJECT TO CHANGE)**

**MARCH 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
□	□	□	1	2	3	4
5	6	7	8	9	10	11
12	13 <b>Spring Sports 1st Day of Practice @ CHS 3:00pm-4:30pm</b>	14 <b>Practice @ CHS 3:00pm-4:30pm</b>	15 <b>Practice @ CHS 3:00pm-4:30pm</b>	16 <b>Practice @ CHS 3:00pm-4:30pm</b>	17 <b>OFF</b>	18
19	20 <b>Practice @ CHS 3:00pm-4:30pm</b>	21 <b>Practice @ CHS 3:00pm-4:30pm</b>	22 <b>Practice @ CHS 3:00pm-4:30pm</b>	23 <b>Practice @ CHS 3:00pm-4:30pm</b>	24 <b>Practice @ CHS 3:00pm-4:30pm</b>	25
26	27 <b>Practice @ CHS 3:00pm-4:30pm MEET THE COACHES NIGHT 7PM</b>	28 <b>Practice @ CHS 3:00pm-4:30pm</b>	29 <b>Practice @ CHS 3:00pm-4:30pm</b>	30 <b>Practice @ CHS 3:00pm-4:30pm</b>	31 <b>Practice @ CHS 3:00pm-4:30pm</b>	□

## APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
□	□	□	□	□	□	1
2	3 Practice @ CHS 3:00pm-4:30pm	4 <b>DUAL MEET #3 vs. SARATOGA @ COLUMBIA HS 4:15pm-7:00pm</b>	5 Practice @ CHS 3:00pm-4:30pm	6 Practice @ CHS 3:00pm-4:30pm	7 Practice @ CHS 3:00pm-4:30pm	8 <b>CBA/ LASALLE RELAYS</b> @ LaSalle HS Bus @ 7:00am 9:00am
9	10 Practice @ CHS 9:00am-10:30am	11 Practice @ CHS 9:00am-10:30am	12 Practice @ CHS 9:00am-10:30am	13 Practice @ CHS 9:00am-10:30am	14 Practice @ CHS 9:00am-10:30am	15 <b>LADY EAGLES INVITE</b> @Bethlehem HS Bus @ 8:00am 10:00am
16	17 Practice @ CHS 3:00pm-4:30pm	18 Practice @ CHS 3:00pm-4:30pm	19 <b>DUAL MEET #3 vs. SCHENECTADY @ COLUMBIA HS 4:15pm-7:00pm</b>	20 Practice @ CHS 3:00pm-4:30pm	21 <b>NISKAYUNA MEDLEY</b> @Mohonasen HS Bus @ 1:30pm 3:00pm	22 <b>NISKAYUNA CLASSIC</b> @Mohonasen HS Bus @ 7:00am 9:15am
23	24 Practice @ CHS 3:00pm-4:30pm	25 <b>DUAL MEET #3 vs. AVERILL PARK @ AVERILL PARK HS 4:15pm-7:00pm</b>	26 Practice @ CHS 3:00pm-4:30pm	27 <b>PENN RELAYS</b> @ UPENN <b>TBD</b>	28 Practice @ CHS 3:00pm-4:30pm	29 Practice @ CHS 9:00am-10:30am

## MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Practice @ CHS 3:00pm-4:30pm	2 <b>DUAL MEET #4</b> vs. BH-BL, B.SPA @ BALLSTON SPA HS 4:15pm-7:00pm	3 Practice @ CHS 3:00pm-4:30pm	4 Practice @ CHS 3:00pm-4:30pm	5 Practice @ CHS 3:00pm-4:30pm	6 <b>COLONIE RELAYS</b> @ Colonie HS Bus @ 7:00am 8:30am
7	8 Practice @ CHS 3:00pm-4:30pm	9 <b>DUAL MEET #5</b> vs. ALBANY, TROY @ ALBANY HS 4:15pm-7:00pm	10 Practice @ CHS 3:00pm-4:30pm	11 Practice @ CHS 3:00pm-4:30pm	12 <b>FUTURES MEET</b> (FROSH/SOPH ONLY) @ Mohonasen HS <b>SHEN INVY</b> @ Shenendehowa HS	13
14	15 Practice @ CHS 3:00pm-4:30pm	16 <b>VARSITY</b> <b>SUBURBAN</b> <b>CHAMPS</b> @ AVERILL PARK HS 4:00pm-7:00pm	17 <b>JUNIOR VARSITY</b> <b>SUBURBAN</b> <b>CHAMPS</b> @ GUILDERLAND HS 4:00pm-7:00pm	18 Practice @ CHS 3:00pm-4:30pm	19 Practice @ CHS 3:00pm-4:30pm	20 <b>EDDY MEET</b> @ Schenectady HS
21	22 Practice @ CHS 3:00pm-4:30pm	23 Practice @ CHS 3:00pm-4:30pm	24 <b>SECTIONALS</b> @ Colonie HS 4:00pm-7:00pm	25 Practice @ CHS 3:00pm-4:30pm	26 Practice @ CHS 3:00pm-4:30pm	27
28	29 <b>OFF</b>	30 Practice @ CHS 3:00pm-4:30pm	31 Practice @ CHS 3:00pm-4:30pm			

## JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
□	□	□	□	1 State Qualifier Day 1	2 State Qualifier Day 2	3
4 EASTERN STATES CHAMPIONSHIP @ NEW ROCHELLE	5	6	7	8	9 STATE CHAMPIONSHIP @ MIDDLETOWN HS	10 STATE CHAMPIONSHIP @ MIDDLETOWN HS
12	13	14	15	16 NB NATIONALS @ UPENN	17 NB NATIONALS @ UPENN	18 NB NATIONALS @ UPENN
19	20	21	22	23	24	25
26	27	28	29	30	□	□