

Shakerrunning.com

Shaker High School

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Superintendent
D. Joseph Corr

Principal
Rich Murphy

Vice Principal
Jane Rose/Jan Zadoorian

Athletic Director
Edward E. Dopp

Varsity Indoor Track (Boys) 2011-2012

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Saturday	Dec. 03	L.M. #1D@HVCC	Shaker High School	1:45PM
Saturday	Dec. 10	L.M.#2B@Union	Shaker High School	2:15PM
Sunday	Dec. 18	L.M. #3D@HVCC	Shaker High School	8:00AM
Wednesday	Dec. 28	L.M.#4B@HVCC	Shaker High School	1:45PM
Thursday	Jan. 05	L.M.#5B@RPI	Shaker High School	4:15PM
Saturday	Jan. 07	Southern Tier Classic @ Cornell Ithaca, NY	Shaker High School	9:00AM
Saturday	Jan. 14	Molloy Stanner Games@168th St. Armory	Shaker High School	9:15AM
Sunday	Jan. 15	L.M.#6E@Union	Shaker High School	8:00AM
Friday	Jan. 20	Yale Invitational New Haven, CT	Shaker High School	2:35PM
Saturday	Jan. 21	Yale Invitational @ New Haven, CT	Shaker High School	8:00AM
Sunday	Jan. 22	SSC Frosh Championships@HVCC	Shaker High School	8:00AM
Friday	Jan. 27	SSC Varsity Championships@UAlbany	Shaker High School	4:00PM
Friday	Feb. 03	New Balance Collegiate Invy.@168th St. Armory	Shaker High School	5:00PM
Saturday	Feb. 04	New Balance Collegiate Invy@168th St. Armory	Shaker High School	TBA
Sunday	Feb. 05	Postponed to 2/12/2012- Great Dane Classic@UAlbany	Shaker High School	8:30AM
Sunday	Feb. 12	Great Dane Classic@UAlbany	Shaker High School	8:30AM
Sunday	Feb. 19	Class A Sectionals@UAlbany	Shaker High School	2:00PM
Sunday	Feb. 26	State Qualifiers@UAlbany	Shaker High School	12:30PM
Saturday	Mar. 03	NYS Championship@Cornell University, Ithaca NY	Shaker High School	1:00PM

Meet Outline

League Meet #1D (All athletes)

Saturday, December 3rd

HVCC 1:45-7:15

Bus Leaves Shaker 12:30

**Arrive at Shaker 11:00AM with a parent
for SPORTS INFO NIGHT or you will not
be eligible to compete.**

Return to Shaker 7:45PM

Albany

CBA

Columbia

Ravena

Saratoga

Troy

Watervliet

Waterford

*League Meet #2B (All athletes)

Saturday, December 10th

Union 2:15-8:00PM

Bus Leaves Shaker 1:15

Arrive at Shaker 1:00

Return to Shaker 8:30PM

Opponents:

Albany

Chatham

Cobleskill/Richmondville

Columbia

Guilderland

Ichabod Crane

Schuylerville

Waterford

*Modified Order of Events

League Meet #3D (All athletes)

Sunday, December 18th

HVCC 8:00-1:30

Bus Leaves Shaker 7:00am

Arrive at Shaker 6:45

Return to Shaker 2:00

Opponents:

Colonie

Granville

Hoosic Valley

LaSalle

Maginn

Troy

Waterford

League Meet #4B

Wed, December 28th

HVCC 1:45-7:15

Bus Leaves Shaker 1:00PM

Arrive at Shaker 12:45PM

Return to Shaker 7:45PM

Opponents:

Albany

CBA

Fonda

Gloversville

Hudson Falls

Schalmont

Schenectady

Whitehall

**League Meet #5B (All Athletes)

Thursday Jan. 5th

RPI 4:15-9:00PM

Bus Leaves Shaker 3:00PM

Be in lobby at 2:45

Return to Shaker 9:30

Opponents:

Averill Park

Bethlehem

Columbia

Mohonasen

Shenendehowa

10/27/11

Meet Outline

Southern Tier Classic (Top 3 Selected Athletes In Each Event Who Qualify. Permission Slips and Itineraries Will Be Sent Home and posted on-line)

Saturday Jan 7th 9:00AM

Cornell University Ithaca, NY

Cost TBD

Bus leaves Shaker at 5:30AM

Arrive at Shaker 5:15AM

Return to Shaker around 10:00PM

Molloy Stanner Games-Invitational Only for ALL levels. (Permission Slips and Itineraries Will Be Sent Home and posted on-line)

Saturday Jan. 14th 9:00AM

168th St. Armory NYC

Cost TBD

Bus leaves Shaker at 5:30AM

Arrive at Shaker 5:15AM

Return to Shaker around 10:00PM

League Meet #6E (For Athletes Not Attending Molloy Stanner Games)

Sunday, December 15th

Union 8:00AM-1:45

Bus Leaves Shaker 7:15AM

Arrive at Shaker 7:00AM

Return to Shaker 2:15

Opponents:

Ballston Spa

Bethlehem

Mechanicville

Maginn

Saratoga

Scotia

Watervliet

Yale (Invited athletes only who qualify will be issued permission slips and itineraries. This is an overnight trip.)

Friday Jan. 20th-Sat. Jan. 21st New Haven, CT.

Bus Leaves @10:00AM on Friday

Bus returns on Sat. around 8:30PM

Suburban Council Freshman Championships (All 7-9th graders)

Sunday Jan. 22nd

HVCC 8:00-1:15

Bus Leaves Shaker 7:00AM

Be at Shaker 6:45AM

Return to Shaker 2:00PM

Opponents:

Averil Park

B. Spa

Bethlehem Central

Burnt Hills

Colonie

Columbia

Guilderland

Mohonasen

Niskayuna

Saratoga

Shenendehowa

*we are in charge of running the freshman championship meet and must provide volunteers (freshman parents and varsity athletes).

Suburban Council Varsity Championships (3 entries per event)

Fri. Jan. 27th

SUNY 4:00-9:30PM

Opponents:

Averil Park

B. Spa

Bethlehem Central

Burnt Hills

Colonie

Columbia

Guilderland

Mohonasen

Niskayuna

Saratoga

Shenendehowa

10/27/11

Meet Outline

**New Balance Collegiate Meet @168th
St. Armory (Only for a select few
athletes)**

Fri-Sat. Feb. 3rd-4th

Great Dane Classic@UAlbany (Varsity)

Sunday, Feb. 12th 8:30-5:00

**Class A Sectionals (top 3 Varsity
athletes per event)**

Sunday, Feb. 19th@UAlbany 2:00-7:00

Albany

Bethlehem

CBA

Colonie

Guilderland

Lasalle

Saratoga

Schenectady

Shaker

Shenendehowa

State Qualifiers (qualifying athletes only)

Sunday, Feb. 26th@UAlbany 12:30-4:00

NYS Championship Meet (qualifiers only)

Cornell University Ithaca, NY

Saturday March 3rd 1:00PM

2011-2012 Boys Indoor Track and Field Practice Outline

December

Week #1

Mon. 14, Practice
Tues 15th Practice
Wed. 16th Practice
Thurs. 17th Practice
Fri. 18th Practice
Sat. 19th No Practice
Sun. 20th Turkey Raffle Run at the
Crossings 10:00AM

Week #2

Mon. 21 Practice
Tues. 22, Practice
Wed. 23, Practice
Thurs. 24th Thanksgiving Day Team
Activity-Troy Turkey Trot Water Stop 9:00-
11:00AM
Fri. 25, No Practice
Sat. 26, No Practice
Sun. 27, No Practice

Week #3

Mon. 28, Practice
Tues. 29, Practice
Wed. 30, Practice
Thursday 1, Practice
Friday 2, Practice
**Sat. 3rd, Sports Info. Night 11:00AM SHS
Auditorium for all athletes and parents.
L.M.#1D@HVCC 1:45-7:15**
Sun 4, No Practice

Week #4

Monday 5, Practice
Tues 6, Practice
Wed 7, Practice
Thurs 8, Practice
Friday 9, Practice
Sat. 10, L.M.#2B@Union 2:15-8:00
Sun. 11, No Practice

Week #5

Monday 12, Practice
Tues 13, Practice
Wed 14, Practice
Thurs 15, Practice
Friday 16, Practice
Saturday 17, Albany Last Night 5K 5:00
Sunday 18, LM#3D@HVCC 8:00-1:30

Week #6

Monday 19, Practice
Tues 20, Practice
Wed 21, Practice
Thurs 22, Practice
Fri 23, No practice
Sat 24/Sun 25, No Practice

Week #7 (Vacation Week)

Mon 26, No practice
Tues 27, Practice 8:00-10:00
Wed. 28, LM#4B@HVCC 1:45-7:15
Thursday 29 Practice
Friday 30, Practice
Sat 31, No Practice
Sun 1, No Practice New Years Day

January

Week #8

Mon 2, No School, No Practice
Tues 3, Practice
Wed 4, Practice
Thurs 5, LM#5B@RPI 4:15-9:00
Fri 6, Practice
Sat 7, Southern Tier Invy. athletes depart
Shaker @ 5:30AM.
Sun 8, Off Day

Week #9

Mon 9, Practice
Tues 10, Practice
Wed 11, Practice
Thurs 12, Practice
Fri 13, Practice
Sat 14, Molloy Stanner Games@168th St.
Armory 5:30AM Departure
Sun 15, LM#6E@ Union 8:00-1:45

2011-2012 Boys Indoor Track and Field Practice Outline

Week #10

Mon 16, No Practice MLK Day
Tues 17, Practice
Wed 18, Practice
Thurs 19, Practice
Fri 20, Yale athletes depart 9:00AM
Sat 21, Yale
Sun 22, SSC Frosh
Championships@HVCC 8:00-1:15

***We are responsible for running the
freshman championships and need the
help of the Varsity Athletes and
Freshman Parents to do so.**

Week #11 (Mid Terms)

Mon 23, Practice
Tues 24, Practice
Wed 25, Practice
Thurs 26, Practice
Fri 27, SSC Varsity
Championships@UAlbany 4:00-9:30PM
Sat 28, No Practice
Sun 29, No Practice

February

Week #12

Mon 30, Practice 3:00-5:00
Tues 31, Practice
Wed 1, Practice
Thurs 2, Practice
Fri 3, Practice New Balance Collegiate 1K
Sat. 4, New Balance Collegiate 4x800
Sun. 5, No Practice

Week #13

Mon 6, Practice
Tues 7, Practice
Wed 8, Practice
Thurs 9, Practice
Fri 10, Practice
Sat 11 No Practice
Sun 12, Great Dane Invy@UAlbany 8:30-
5:00

Week #14

Mon 13, Practice
Tues 14, Practice
Wed 15, Practice
Thurs 16, Practice
Fri 17, Practice
Sat 18, TBA
Sun 19, Class A Sectionals@UAlbany
2:00-7:00PM

Week #15 (February Break Athletes Competing in State Qualifiers only)

Mon 20 No Practice
Tues 21, Practice
Wed 22, Practice
Thurs 23, Practice
Fri 24, Practice
Sat 25, Practice
Sun 26, State Qualifiers@UAlbany 12:30-
4:00

March

Week #16

Mon 27 No Practice
Tues 28, Practice
Wed 29, Practice
Thurs 1, Practice
Fri 2, Practice
Sat 3, NYS Champs @ Cornell

December 2011

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 Practice	2 H 2:30-4:00 Halls/FC 2:30-5:00	3 SIN 11:00AM LM #1D@HVCC 1:45
4	5 Practice H2:30-4:40 F2:30-4:00	6 Practice	7 Practice Team Photo 2:50 Booster Club Meeting 6:30	8 Practice	9 Practice H2:30-3:40	10 L.M. #2B@Union 8:00AM
11	12 Practice	13 Practice H2:30-3:40 F2:30-4:00	14 Practice	15 Practice	16 Practice H2:30-3:40	17 Albany Last Run 5K 5:00PM
18 L.M.#3D@HVCC 8:00AM	19 Practice	20 Practice H2:30-3:40 F2:30-4:00	21 Practice	22 Practice	23 No practice	24 No Practice
25 Christmas No Practice	26 No practice. School closed.	27 Practice 8:00-10:00 H8:00-10:00	28 L.M.#4B@ HVCC 1:45	29 Practice 9:00-11:00 HGym 11:00-1:00	30 Practice 9:00-11:00 H567 9:00-11:00	31 No Practice

January 2012

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 New Years Day	2 No School No Practice	3 Practice	4 Practice	5 L.M.#5B@RPI 4:15	6 Practice	7 Southern Tier@Cornell 5:30AM
8	9 Practice	10 Practice	11 Practice	12 Practice	13 Practice	14 Molloy Stanner Games@168th St. Armory
15 L.M.#6E@Union 8:00AM	16 Martin Luther King Jr. Day No Practice	17 Practice	18 Practice	19 Practice	20 Yale	21 Yale
22 SSC Frosh Champs@ HVCC 8:00AM	23 Practice	24 Mid-Terms Practice 3:30-5:00	25 Mid-Terms Practice 3:30-5:00	26 Mid-Terms Practice 3:30-5:00	27 SSC Varsity Champs @UAlbany 4:00PM	28 TBA
29	30 Practice	31 Practice				

February 2012

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 Practice	2 Practice	3 Collegiate Invy TBA	4 Collegiate Invy. TBA
5	6 Practice	7 Practice	8 Practice	9 Practice	10 Practice	11
12 Great Dane Classic @UAlbany 8:30AM-	13 Practice	14 Practice	15 Practice	16 Practice	17 Practice	18
19 Division 1 Sectionals@ UAlbany 2:00-7:00	20 Presidents Day-No Practice	21 Break Practice 9:00-11:00	22 Break Practice 9:00-11:00	23 Break Practice 9:00-11:00	24 Break Practice 9:00-11:00	25
26 State Qualifiers@ UAlbany 12:30-4:00	27	28	29			

March 2012

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1	2	3 States@Ithaca 1:00PM
4	5	6	7	8	9 NBIN	10 NBIN
11 NBIN	12	13	14	15	16	17
18	19	20	21 Tenetive Date for End of season banquet	22	23	24
25	26	27	28	29	30	31