

Coaches:

- Gerald Laing Jr, Head Coach
- Allecia Laing, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUI / NON- LEAGUI
Apr 4, 2023	Tue	Practice	N/A	10:00 AM	12:00 PM	TBD		
Apr 5, 2023	Wed	Practice	N/A	10:00 AM	12:00 PM	TBD		
Apr 6, 2023	Thu	Practice	N/A	10:00 AM	12:00 PM	TBD		
Apr 11, 2023	Tue	Regular Season	Worcester, Schenevus (Schenevus/Worcester) @ Cherry Valley- Springfield (CVS-SS)	4:30 PM	6:00 PM	Cherry Valley- Springfield School		L
Apr 14, 2023	Fri	Regular Season	Stamford @ Edmeston (Morris/Edmeston)	4:30 PM		Edmeston Central School	Departure Time: 3:00 PM	L
Apr 19, 2023	Wed	Regular Season	Charlotte Valley, South Kortright, Andes @ Milford (Laurens/Milford)	4:30 PM		Milford School	Departure Time: 3:10 PM	L
Apr 22, 2023	Sat	Regular Season	@ TBD	10:00 AM	1:00 PM	Sidney HS Track	Departure Time: 8:45 AM	NL
Apr 27, 2023	Thu	Regular Season	South Kortright, Andes, Charlotte Valley @ Gilbertsville-Mount Upton	4:30 PM	6:00 PM	G-MU - Track	Departure Time: 3:10 PM	L
May 3, 2023	Wed	Regular Season (Tri-Valley Relays)	@ TBD	4:30 PM		G-MU - Track	Departure Time: 3:10 PM	L
May 6, 2023	Sat	Regular Season (Cooperstown Don Howard Invitational)	@ TBD	2:00 PM		Cooperstown M S / H S	Departure Time: 12:15 PM	L
May 8, 2023	Mon	Regular Season (Tri-Valley relays)	Edmeston (Morris/Edmeston), Richfield Springs (Richfield/ODY), Charlotte Valley, South Kortright, Andes, Stamford @ Gilbertsville-Mount Upton	4:30 PM		G-MU - Track		L
May 10, 2023	Wed	Regular Season (Harbaugh Invitational)	Edmeston (Morris/Edmeston), Stamford, Milford (Laurens/Milford), Unatego, Harpursville (Afton/Harpur), Unadilla Valley (UV), Deposit (Deposit-Hancock), South Kortright, Charlotte Valley, Cherry Valley-Springfield (CVS- SS), Bainbridge Guilford, Schenevus (Schenevus/Worcester) @ Delaware Academy	4:00 PM		Track and Field Complex	Departure Time: 2:30 PM	NL

	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START EN TIME TIM	ND ME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
	May 18, 2023	Thu	Regular Season (Tri-Valley Championship)	Milford (Laurens/Milford), Schenevus (Schenevus/Worcester), Worcester, Cherry Valley-Springfield (CVS- SS), Charlotte Valley, Stamford, Richfield Springs (Richfield/ODY), Edmeston (Morris/Edmeston) @ TBD	PM		Sidney HS Track	Departure Time: 3:10 PM	L
N	May 23, 2023	Tue	Regular Season (Section IV Class D Championships)	@ TBD	2:00 PM		Appleby E S	Departure Time: 11:30 AM	L

Date: 2024-05-19