

Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 11, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 12, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 13, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 14, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 19, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 20, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 21, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 26, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 27, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD		
Mar 28, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Apr 2, 2024	Tue	Practice	N/A	10:00 AM	12:00 PM	TBD		
Apr 3, 2024	Wed	Practice	N/A	10:00 AM	12:00 PM	TBD		
Apr 4, 2024	Thu	Practice	N/A	10:00 AM	12:00 PM	TBD		
Apr 15, 2024	Mon	Regular Season	Stamford @ Gilbertsville- Mount Upton	4:30 PM	6:30 PM	G-MU - Track		L
Apr 20, 2024	Sat	Regular Season (Sidney Invitational)	@ TBD	10:00 AM		Sidney HS Track	Departure Time: 8:45 AM	NL
Apr 20, 2024	Sat	Regular Season (Quinney Invite)	Laurens (Laurens/Milford), Harpursville (Afton/Harpur), Whitney Point, Walton, Cooperstown, Gilbertsville-Mount Upton, Schenevus (Schenevus/Worcester), Edmeston (Morris/Edmeston), Cherry Valley-Springfield (CVS-SS), Unadilla Valley (UV), Bainbridge Guilford, Oxford (Greene/Oxford) @ Sidney	10:00 AM		Sidney HS Track		NL
Apr 22, 2024	Mon	Regular Season	Laurens (Laurens/Milford) @ Cherry Valley-Springfield (CVS-SS)	4:30 PM	7:00 PM	Cherry Valley- Springfield School	Departure Time: 3:10 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 24, 2024	Wed	Regular Season	Richfield Springs (Richfield/ODY), Margaretville @ Edmeston (Morris/Edmeston)	4:30 PM		Edmeston Central School	Departure Time: 3:10 PM	L
Apr 29, 2024	Mon	Regular Season	Schenevus (Schenevus/Worcester), Margaretville, Charlotte Valley @ Gilbertsville- Mount Upton	4:30 PM	6:30 PM	G-MU - Track		L
May 1, 2024	Wed	Regular Season (Tri-Valley Relays)	Laurens (Laurens/Milford), Richfield Springs (Richfield/ODY), Cherry Valley-Springfield (CVS-SS), Schenevus (Schenevus/Worcester), Charlotte Valley, Gilbertsville-Mount Upton @ Edmeston (Morris/Edmeston)	4:30 PM		Edmeston Central School	Departure Time: 3:10 PM	L
May 4, 2024	Sat	Regular Season (Cooperstown Invitational)	@ Cooperstown	2:00 PM		Lambert Field	Departure Time: 12:15 PM	NL
May 4, 2024	Sat	Regular Season (Cooperstown Invitational)	@ Cooperstown	2:00 PM		Lambert Field	Departure Time: 12:15 PM	NL
May 8, 2024	Wed	Regular Season	Stamford, Laurens (Laurens/Milford), Unatego, Unadilla Valley (UV), Deposit (Deposit-Hancock), South Kortright, Edmeston (Morris/Edmeston), Cherry Valley-Springfield (CVS-SS), Bainbridge Guilford, Oxford (Greene/Oxford), Walton, Schenevus (Schenevus/Worcester), Charlotte Valley, Gilbertsville-Mount Upton @ Delaware Academy	PM		Track and Field Complex		L
May 16, 2024	Thu	Regular Season (Tri-Valley Championships)	@ TBD	4:00 PM		Sidney HS Track	Departure Time: 2:45 PM	L
May 16, 2024	Thu	Post-Season (Tri- Valley Championships)	Sidney, Gilbertsville- Mount Upton @ Schenevus (Schenevus/Worcester)	4:30 PM		Sidney HS Track		L

Date: 2024-05-09