



# Milford

## (B) V Outdoor Track (Laurens/Milford Boys and Girls)

### Coaches:

- Omar Nelson
- Caitlin Cook-Wightman

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 4, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Muti-Purpose Gym			
Mar 5, 2019	Tue	Practice	N/A	3:15 PM	5:00 PM	Muti-Purpose Gym			
Mar 6, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Muti-Purpose Gym			
Mar 7, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Muti-Purpose Gym			
Mar 8, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Muti-Purpose Gym			
Mar 11, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Muti-Purpose Gym			
Mar 12, 2019	Tue	Practice	N/A	TBD	5:00 PM	TBD	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Mar 13, 2019	Wed	Practice	N/A	TBD	5:00 PM	TBD	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Mar 14, 2019	Thu	Practice	N/A	TBD	5:00 PM	Muti-Purpose Gym	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym	
Mar 15, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Muti-Purpose Gym			
Mar 18, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 19, 2019	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 20, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 21, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 22, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 25, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 26, 2019	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 27, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Milford School			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 28, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 29, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Apr 1, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Apr 2, 2019	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Apr 3, 2019	Wed	Regular Season	Charlotte Valley, Cherry Valley-Springfield (CVS-SS)	4:00 PM		Milford School			L
Apr 3, 2019	Wed	Regular Season	TBD	4:30 PM		Milford School			L
Apr 4, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Apr 5, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Apr 8, 2019	Mon	Regular Season	Morris (Morris/Edmeston), Edmeston (Morris/Edmeston), Laurens (Laurens/Milford) @ Gilbertsville-Mount Upton	4:30 PM	7:30 PM	G-MU - Track			L
Apr 11, 2019	Thu	Regular Season	Schenevus (Schenevus/Worcester), Franklin	4:30 PM		Milford School			L
Apr 23, 2019	Tue	Regular Season	Charlotte Valley, Morris (Morris/Edmeston)	4:00 PM	7:30 PM	TBD			L
Apr 23, 2019	Tue	Regular Season (Varsity Boys, Girls and Modified Track Meet @Milford)	Laurens (Laurens/Milford), Stamford, Richfield Springs (Richfield/ODY)	4:30 PM	7:00 PM	Milford School			L
Apr 25, 2019	Thu	Regular Season	Franklin	4:30 PM	7:00 PM	Milford School			L
May 1, 2019	Wed	Regular Season (TriValley Relays)	@ Cherry Valley-Springfield (CVS-SS)	4:30 PM	7:00 PM	Cherry Valley-Springfield School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:15 PM	L
May 4, 2019	Sat	Regular Season (Cooperstown Invitational)	@ Cooperstown	2:00 PM	7:00 PM	Milford School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 12:45 PM	NL
May 8, 2019	Wed	Regular Season (Harbaugh invitational)	@ Delaware Academy	4:00 PM	7:00 PM	Track and Field Complex	<b>Bus/Driver:</b> Milford <b>Class Dismissal:</b> 2:15 PM	<b>Departure Point:</b> Gym <b>Departure Time:</b> 2:15 PM	NL
May 10, 2019	Fri	Regular Season (Eagle Games)	@ Walton	4:15 PM	7:00 PM	Milford School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:15 PM	NL
May 15, 2019	Wed	Regular Season (Tri-Valley Championship)	@ Cherry Valley-Springfield (CVS-SS)	4:00 PM	7:00 PM	Milford School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:15 PM	L

Date: 2025-12-28