



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
CANCELLED Mar 13, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	
CANCELLED Mar 14, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	
Mar 15, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	
Mar 16, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	
Mar 20, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Mar 21, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Mar 22, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Mar 23, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 24, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Mar 27, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	
Mar 28, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	
Mar 29, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Mar 30, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Laurens Central School	Bus/Driver: Milford	Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM	
CANCELLED Mar 31, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Apr 4, 2023	Tue	Practice	N/A	10:00 AM	12:00 PM	Milford School			
Apr 6, 2023	Thu	Practice	N/A	10:00 AM	12:00 PM	Milford School			
Apr 10, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School			
Apr 11, 2023	Tue	Regular Season	Andes, South Kortright, Charlotte Valley, Stamford	4:30 PM		Milford School			L
Apr 12, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Milford School			
Apr 13, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Milford School			
Apr 14, 2023	Fri	Regular Season	Schenevus (Schenevus/Worcester), Worcester @ Gilbertsville-Mount Upton	4:30 PM	6:00 PM	G-MU - Track			L
Apr 17, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	Bus/Driver: N/A		
Apr 18, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School	Bus/Driver: N/A		
Apr 19, 2023	Wed	Regular Season	Franklin (Unatego/Franklin), Charlotte Valley, South Kortright, Andes	4:30 PM		Milford School			L
Apr 20, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School	Bus/Driver: N/A		
Apr 21, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School	Bus/Driver: N/A		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 22, 2023	Sat	Regular Season (Quinney Invite)	Harpurville (Afton/Harpur), Whitney Point, Cooperstown, Schenevus (Schenevus/Worcester), Oxford (Greene/Oxford), Unadilla Valley (UV), Deposit (Deposit-Hancock), Bainbridge Guilford, Delaware Academy, Edmeston (Morris/Edmeston), Walton, Chenango Valley, Norwich, Oneonta, Newark Valley, Unatego, Greene (Greene/Oxford) @ Sidney	10:00 AM		Sidney HS Track			NL
Apr 24, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	Bus/Driver: N/A		
Apr 25, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School	Bus/Driver: N/A		
Apr 26, 2023	Wed	Regular Season	Cherry Valley-Springfield (CVS-SS), Richfield Springs (Richfield/ODY)	4:30 PM		Milford School			L
Apr 27, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School	Bus/Driver: N/A		
Apr 28, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School	Bus/Driver: N/A		
May 1, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 2, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School			
POSTPONED May 3, 2023	Wed	Regular Season (Tri-Valley Relays)	Schenevus (Schenevus/Worcester) @ Gilbertsville-Mount Upton	4:30 PM	6:00 PM	G-MU - Track			L
May 4, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 5, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 6, 2023	Sat	Regular Season (Cooperstown Invitational)	@ TBD	TBD		TBD			NL
May 8, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 9, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 10, 2023	Wed	Regular Season (Harbaugh Invitational)	Edmeston (Morris/Edmeston), Stamford, Franklin (Unatego/Franklin), Unatego, Harpurville (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			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 11, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 12, 2023	Fri	Regular Season (Oneonta Invitationals)	@ TBD	4:00 PM		Oneonta High School			NL
May 15, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 15, 2023	Mon	Regular Season (Tri-Valley Championship Steeplechase at Oneonta HS)	@ TBD	TBD		TBD			L
May 16, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 17, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 18, 2023	Thu	Regular Season (Tri-Valley Championship)	Schenevus (Schenevus/Worcester), Worcester, Cherry Valley-Springfield (CVS-SS), Franklin (Unatego/Franklin), Charlotte Valley, Stamford, Richfield Springs (Richfield/ODY), Edmeston (Morris/Edmeston) @ TBD	4:30 PM		Sidney HS Track			L
May 19, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 22, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 23, 2023	Tue	Post-Season (Class D Championship)	@ TBD	2:00 PM		Marathon H S			NL
May 23, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School			
May 31, 2023	Wed	Post-Season (State Qualifiers)	@ TBD	TBD		TBD			NL
Jun 1, 2023	Thu	Post-Season (State Qualifiers)	@ TBD	TBD		TBD			NL
Jun 9, 2023	Fri	Post-Season (State Meet)	@ TBD	TBD		TBD			NL
Jun 10, 2023	Sat	Post-Season (State Meet)	@ TBD	TBD		TBD			NL

Date: 2026-04-07