



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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 11, 2024	Mon	Practice (Practice)	N/A	3:05 PM	4:30 PM	Milford School		
Mar 11, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Pat Grasso Gym		
Mar 12, 2024	Tue	Practice (Practice)	N/A	3:05 PM	5:15 PM	Laurens Central School		
Mar 12, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Pat Grasso Gym		
Mar 13, 2024	Wed	Practice (Practice)	N/A	3:05 PM	5:00 PM	Milford School		
Mar 13, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Pat Grasso Gym		
Mar 14, 2024	Thu	Practice (Practice)	N/A	3:05 PM	5:00 PM	Milford School		
Mar 14, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Pat Grasso Gym		
CANCELLED Mar 15, 2024	Fri	Practice (Practice)	N/A	3:05 PM	5:00 PM	Laurens Central School		
Mar 15, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Pat Grasso Gym		
Mar 18, 2024	Mon	Practice (Practice)	N/A	3:05 PM	5:15 PM	Laurens Central School		
Mar 19, 2024	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Milford School		
Mar 20, 2024	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Milford School		
Mar 21, 2024	Thu	Practice (Practice)	N/A	3:05 PM	5:15 PM	Laurens Central School		
Mar 25, 2024	Mon	Practice (Practice)	N/A	3:05 PM	5:15 PM	Laurens Central School		
Mar 26, 2024	Tue	Practice (Practice)	N/A	3:05 PM	5:15 PM	Milford School		
Mar 27, 2024	Wed	Practice (Practice)	N/A	3:05 PM	5:15 PM	Milford School		
Mar 28, 2024	Thu	Practice (Practice)	N/A	3:05 PM	5:15 PM	Milford School		
Apr 1, 2024	Mon	Practice (Practice)	N/A	10:00 AM	11:30 AM	Milford School		
Apr 3, 2024	Wed	Practice (Practice)	N/A	10:00 AM	11:30 AM	Milford School		
Apr 8, 2024	Mon	Practice (Practice)	N/A	5:00 PM	6:15 PM	Milford School		
Apr 9, 2024	Tue	Regular Season	Charlotte Valley, Richfield Springs (Richfield/ODY)	4:30 PM		Milford School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 10, 2024	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Milford School		
Apr 11, 2024	Thu	Practice (Practice)	N/A	3:45 PM	5:15 PM	Milford School		
Apr 15, 2024	Mon	Practice (Practice)	N/A	4:00 PM	5:30 PM	Milford School		
Apr 16, 2024	Tue	Practice (Practice)	N/A	4:00 PM	5:30 PM	Milford School		
Apr 17, 2024	Wed	Regular Season	Edmeston (Morris/Edmeston)	4:30 PM	7:00 PM	Milford School		L
Apr 17, 2024	Wed	Regular Season	Schenevus (Schenevus/Worcester)	4:30 PM		Milford School		L
Apr 18, 2024	Thu	Practice (Practice)	N/A	4:00 PM	5:30 PM	Milford School		
Apr 19, 2024	Fri	Practice (Practice)	N/A	4:00 PM	5:30 PM	Milford School		
Apr 20, 2024	Sat	Regular Season (Sidney Invitational)	@ TBD	10:00 AM	3:00 PM	Sidney HS Track		NL
Apr 20, 2024	Sat	Regular Season (Quinney Invite)	Franklin, 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
CANCELLED Apr 22, 2024	Mon	Practice (Practice)	N/A	4:00 PM	5:30 PM	Milford School		
Apr 22, 2024	Mon	Regular Season	Franklin @ Cherry Valley-Springfield (CVS-SS)	4:30 PM	7:00 PM	Cherry Valley-Springfield School		L
Apr 23, 2024	Tue	Practice (Practice)	N/A	3:45 PM	5:15 PM	Milford School		
Apr 24, 2024	Wed	Regular Season	Gilbertsville-Mount Upton, Stamford	4:30 PM	7:00 PM	Milford School		L
CANCELLED Apr 25, 2024	Thu	Practice (OPTIONAL Practice)	N/A	3:45 PM	5:15 PM	Milford School		
CANCELLED Apr 26, 2024	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Milford School		
Apr 29, 2024	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Milford School		
Apr 30, 2024	Tue	Practice (Practice)	N/A	3:45 PM	5:15 PM	Laurens Central School	Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 1, 2024	Wed	Regular Season (Tri-Valley Relays)	Franklin, 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		L
May 2, 2024	Thu	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		
May 3, 2024	Fri	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		
May 4, 2024	Sat	Regular Season (Cooperstown Invitational)	@ Cooperstown	2:00 PM		Lambert Field		NL
May 6, 2024	Mon	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		
May 7, 2024	Tue	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		
May 8, 2024	Wed	Regular Season	Stamford, 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, Franklin @ Delaware Academy	4:00 PM		Track and Field Complex		L
May 9, 2024	Thu	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		
May 10, 2024	Fri	Regular Season (Yellowjacket Invite)	Walton, Stamford, Unatego, Unadilla Valley (UV), South Kortright, Edmeston (Morris/Edmeston), Bainbridge Guilford, Oxford (Greene/Oxford) @ Oneonta	4:00 PM		Oneonta High School		L
May 10, 2024	Fri	Regular Season (Oneonta Invitational)	@ Oneonta	4:00 PM	8:00 PM	Oneonta High School		NL
May 13, 2024	Mon	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		
May 13, 2024	Mon	Regular Season (TVC Championship steeplechase)	TBD	4:00 PM	5:00 PM	TBD		L
May 14, 2024	Tue	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		
May 15, 2024	Wed	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		
May 16, 2024	Thu	Regular Season (Tri-Valley Championship)	TBD	4:00 PM	5:00 PM	Sidney HS Track		L
May 20, 2024	Mon	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 21, 2024	Tue	Practice (Practice)	N/A	3:30 PM	4:30 PM	Milford School		
May 22, 2024	Wed	Post-Season (Section IV Championships)	@ Marathon	4:00 PM	8:00 PM	Appleby ES		NL

Date: 2026-01-02