



Milford

(B) V Outdoor Track (Laurens/Milford)

Coaches:

- Alexis Kane
- Omar Nelson

| 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 12, 2024 | Tue | Practice (Practice) | N/A | 3:05 PM | 5:15 PM | Laurens Central School | | |
| Mar 13, 2024 | Wed | Practice (Practice) | N/A | 3:05 PM | 5:00 PM | Milford School | | |
| Mar 14, 2024 | Thu | Practice (Practice) | N/A | 3:05 PM | 5:00 PM | Milford School | | |
| CANCELLED Mar 15, 2024 | Fri | Practice (Practice) | N/A | 3:05 PM | 5:00 PM | Laurens Central School | | |
| 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 |
| 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 | Schenevus (Schenevus/Worcester) | 4:30 PM | | Milford School | | L |
| Apr 17, 2024 | Wed | Regular Season | Edmeston (Morris/Edmeston) | 4:30 PM | 7:00 PM | Milford School | | L |
| Apr 18, 2024 | Thu | Practice (Practice) | N/A | 4:00 PM | 5:30 PM | Milford School | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|---|---|------------|----------|----------------------------------|--|---------------------|
| Apr 19, 2024 | Fri | Practice (Practice) | N/A | 4:00 PM | 5:30 PM | Milford School | | |
| 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 |
| Apr 20, 2024 | Sat | Regular Season (Sidney Invitational) | @ TBD | 10:00 AM | 3:00 PM | 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 | |
| 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 | | |

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

Date: 2024-05-16