



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 17, 2025	Mon	Practice	N/A	4:00 PM	5:45 PM	Laurens Central School	Departure Time: 3:30 PM Return Date: Return Time: 6:15 PM	
Mar 18, 2025	Tue	Practice	N/A	4:00 PM	5:45 PM	Milford School		
Mar 19, 2025	Wed	Practice	N/A	4:00 PM	5:45 PM	Milford School		
Mar 20, 2025	Thu	Practice	N/A	3:30 PM	5:00 PM	Milford School		
CANCELLED Mar 21, 2025	Fri	Practice	N/A	4:00 PM	5:45 PM	Laurens Central School	Departure Time: 3:30 PM Return Date: Return Time: 6:15 PM	
Mar 24, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	Laurens Central School	Departure Time: 3:40 PM Return Date: Return Time: 6:00 PM	
Mar 25, 2025	Tue	Practice	N/A	3:30 PM	5:00 PM	Milford School		
Mar 26, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Milford School		
Mar 27, 2025	Thu	Practice	N/A	3:30 PM	5:00 PM	Milford School		
Mar 28, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	Milford School		
Mar 31, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	Milford School		
Apr 1, 2025	Tue	Practice	N/A	4:00 PM	5:30 PM	Milford School		
Apr 2, 2025	Wed	Practice	N/A	4:00 PM	5:30 PM	Milford School		
Apr 3, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	Milford School		
CANCELLED Apr 4, 2025	Fri	Practice	N/A	4:00 PM	5:30 PM	Milford School		
Apr 7, 2025	Mon	Practice	N/A	4:00 PM	5:30 PM	Milford School		
Apr 8, 2025	Tue	Practice	N/A	4:00 PM	5:30 PM	Milford School		
Apr 11, 2025	Fri	Regular Season	Franklin @ Cherry Valley-Springfield (CVS-SS)	4:30 PM		Cherry Valley-Springfield School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 23, 2025	Wed	Regular Season	Edmeston (Morris/Edmeston), Schenevus (Schenevus/Worcester), Charlotte Valley	4:30 PM		Milford School		L
Apr 26, 2025	Sat	Regular Season (Cooperstown Invitational)	@ TBD	TBD		Cooperstown M S / H S		NL
Apr 28, 2025	Mon	Regular Season	Charlotte Valley, Richfield Springs (Richfield/ODY), Margaretville	4:30 PM		Milford School		L
Apr 30, 2025	Wed	Regular Season	Gilbertsville-Mount Upton, Stamford	4:30 PM		Milford School		L
May 7, 2025	Wed	Regular Season	@ TBD	TBD		Track and Field Complex		NL
May 8, 2025	Thu	Practice	N/A	4:00 PM	5:30 PM	Milford School		
May 9, 2025	Fri	Regular Season (Oneonta Invitational)	@ TBD	TBD		Oneonta High School		NL
May 14, 2025	Wed	Regular Season (Tri-Valley Relays)	Charlotte Valley, Cherry Valley-Springfield (CVS-SS), Richfield Springs (Richfield/ODY), Franklin, Stamford, Margaretville, Schenevus (Schenevus/Worcester), Gilbertsville-Mount Upton @ Edmeston (Morris/Edmeston)	4:30 PM		Edmeston Central School		L

Date: 2025-12-20