



Milford

(B) MOD7/8/9 Outdoor Track (Laurens/Milford)

Coaches:

- Alexis Kane
- Omar Nelson

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	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			
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 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 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			
CANCELLED Apr 22, 2024	Mon	Practice (Practice)	N/A	4:00 PM	5:30 PM	Milford School			
Apr 22, 2024	Mon	Regular Season	@ Cherry Valley-Springfield (CVS-SS)	4:30 PM		Cherry Valley-Springfield School			L
Apr 23, 2024	Tue	Practice (Practice)	N/A	3:45 PM	5:15 PM	Milford School			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 24, 2024	Wed	Regular Season	Gilbertsville-Mount Upton, Stamford	4:30 PM	6:30 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 27, 2024	Sat	Regular Season (Tri Valley League - Modified Invitational)	Edmeston (Morris/Edmeston), Cherry Valley-Springfield (CVS-SS), Morris (Morris/Edmeston), Laurens (Laurens/Milford), Richfield Springs (Richfield/ODY), Sharon Springs (SS-CVS), Margaretville @ Gilbertsville-Mount Upton	10:00 AM		G-MU - Track			L
Apr 29, 2024	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Milford School			
Apr 30, 2024	Tue	Practice (Practice)	N/A	4:00 PM	5:15 PM	Laurens Central School		Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
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 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 9, 2024	Thu	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School			
May 13, 2024	Mon	Practice (Practice)	N/A	4:00 PM	5:15 PM	Milford School			
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			
TBD		Regular Season (Tri-Valley Modified Track Invitational)	@ Gilbertsville-Mount Upton	4:30 PM	7:00 PM	G-MU - Track	Bus/Driver: Milford	Departure Time: 3:10 PM	L

Date: 2024-05-17