



Milford

(G) V Outdoor Track (Laurens/Milford)

Coaches:

- Omar Nelson
- Caitlin Cook-Wightman

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION / NON-LEAGUE | LEAGUE |
|--------------|----------|----------------|--|------------|----------|------------------------|-----------|---|--------|
| Mar 14, 2022 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | Laurens Central School | | Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM | |
| Mar 15, 2022 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | Laurens Central School | | Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM | |
| Mar 16, 2022 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | Milford School | | | |
| Mar 17, 2022 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | Milford School | | Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM | |
| Mar 21, 2022 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Mar 22, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Mar 22, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Mar 23, 2022 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | Laurens Central School | | Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM | |
| Mar 23, 2022 | Wed | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Mar 24, 2022 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | Laurens Central School | | Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM | |
| Mar 29, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Laurens Central School | | Departure Time: 3:10 PM Return Date: Return Time: 5:45 PM | |
| Mar 30, 2022 | Wed | Practice | N/A | 3:30 PM | 5:30 PM | Laurens Central School | | Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM | |
| Mar 31, 2022 | Thu | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Apr 4, 2022 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Apr 5, 2022 | Tue | Regular Season | Schenevus (Schenevus/Worcester), Cherry Valley-Springfield (CVS-SS), Richfield Springs (Richfield/ODY) | 4:30 PM | | Milford School | | | L |
| Apr 6, 2022 | Wed | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|---|---|------------|----------|----------------------------------|-------------------------------|---|---------------------|
| Apr 7, 2022 | Thu | Practice | N/A | 3:30 PM | 5:30 PM | Laurens Central School | | Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM | |
| Apr 8, 2022 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Apr 18, 2022 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| CANCELLED Apr 19, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Apr 21, 2022 | Thu | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Apr 22, 2022 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Apr 23, 2022 | Sat | Regular Season (Sidney Invitational) | @ TBD | 10:00 AM | | Sidney HS Track | | | NL |
| Apr 25, 2022 | Mon | Regular Season | Charlotte Valley, South Kortright, Andes, Stamford | 4:30 PM | | Milford School | | | L |
| CANCELLED Apr 26, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Apr 26, 2022 | Tue | Regular Season | Cherry Valley-Springfield (CVS-SS), Richfield Springs (Richfield/ODY) | 4:30 PM | | Milford School | | | L |
| Apr 27, 2022 | Wed | Regular Season | Richfield Springs (Richfield/ODY), Stamford @ Morris (Morris/Edmeston) | 4:30 PM | | ECS Track | Bus/Driver: Milford | Departure Point: Gym Departure Time: 3:10 PM | L |
| CANCELLED Apr 28, 2022 | Thu | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Apr 29, 2022 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 2, 2022 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 3, 2022 | Tue | Regular Season | Franklin, Schenevus (Schenevus/Worcester), Richfield Springs (Richfield/ODY), Charlotte Valley, South Kortright, Andes, Edmeston (Morris/Edmeston), Stamford @ Cherry Valley-Springfield (CVS-SS) | 4:30 PM | | Cherry Valley-Springfield School | | | L |
| May 4, 2022 | Wed | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 5, 2022 | Thu | Regular Season | Schenevus (Schenevus/Worcester), Charlotte Valley, South Kortright, Andes, Franklin | 4:30 PM | | Milford School | | | L |
| May 6, 2022 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 7, 2022 | Sat | Regular Season (Cooperstown Invitational) | @ TBD | 1:30 PM | | Cooperstown M S / H S | | | NL |
| May 9, 2022 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 10, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|-------------------------|---------------------------------|--------------------------------|---------------------|
| May 11, 2022 | Wed | Regular Season (Harbaugh Invitational) | Unatego, Walton, Unadilla Valley (UV), Franklin, Deposit (Deposit-Hancock) @ Delaware Academy | 4:00 PM | | Track and Field Complex | | | NL |
| May 12, 2022 | Thu | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 13, 2022 | Fri | Regular Season (Oneonta Invitational) | @ TBD | 4:00 PM | | Oneonta High School | | | NL |
| May 16, 2022 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 17, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 18, 2022 | Wed | Regular Season (Tri-Valley Championship) | Cherry Valley-Springfield (CVS-SS), Franklin, Schenevus (Schenevus/Worcester), Richfield Springs (Richfield/ODY), Charlotte Valley, Downsville (Walton/Downsville), South Kortright, Stamford @ Edmeston (Morris/Edmeston) | 3:00 PM | | Edmeston Central School | Class Dismissal: 1:00 PM | Departure Time: 1:20 PM | L |
| May 19, 2022 | Thu | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 20, 2022 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 23, 2022 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 24, 2022 | Tue | Regular Season (Class D Championships @Marathon) | @ TBD | 2:00 PM | | Marathon HS | | | L |
| May 24, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 26, 2022 | Thu | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 27, 2022 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| May 31, 2022 | Tue | Practice | N/A | 3:30 PM | 5:30 PM | Milford School | | | |
| Jun 1, 2022 | Wed | Regular Season (State Quals Day 1) | @ TBD | TBD | | TBD | | | NL |
| Jun 2, 2022 | Thu | Post-Season (State Quals Day 2) | @ TBD | TBD | | TBD | | | NL |
| Jun 11, 2022 | Sat | Post-Season (State Championship Day 2) | @ TBD | 10:00 AM | | CNS HS-Bragman Stadium | | | NL |

Date: 2025-12-08