



- Alexis Kane
- Omar Nelson

CANCELLED Mar 13, 2023 Mon Practice N/A Sand S	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Mar 14, 2023		Mon	Practice	N/A			Central		Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30	
Mar 15, 2023 Wed Practice N/A Sand Sold Eaurens PM School Return Time: Sand PM School PM Seturn Date: Return Time: Sand PM Seturn Date: Return Time: Sand PM Seturn Date: Return Date: Return Time: Sand PM Seturn Date: Return Date:	CANCELLED Mar 14, 2023	Tue	Practice	N/A			Central		Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30	
Mar 16, 2023 Thu Practice N/A 3:30 PM 5:00 PM Laurens Central School Bus/Driver Return Date: Return Time: 3:10 PM Return Date: Return Time: 5:30 PM Mar 20, 2023 Mon Practice N/A 3:15 5:00 PM Sobol Laurens Central School Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM Mar 21, 2023 Tue Practice N/A 3:15 5:00 PM TBD FIRE Transport PM Mar 22, 2023 Wed Practice N/A 3:15 5:00 PM TBD FIRE Transport PM Mar 24, 2023 Tri Practice N/A 3:15 5:00 PM TBD FIRE Transport PM Mar 27, 2023 Mon Practice N/A 3:15 5:00 PM FBD PM Mar 28, 2023 Tue Practice N/A 3:30 FM FM PM	Mar 15, 2023	Wed	Practice	N/A			Central		Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30	
Mar 20, 2023 Mon Practice N/A 3:15 5:00 PM PM Laurens Central School 3:16 PM Return Date: Return Time: 5:30 PM Mar 21, 2023 Tue Practice N/A 3:15 5:00 PM PM PM TBD Mar 22, 2023 Wed Practice N/A 3:15 5:00 PM PM PM TBD Mar 23, 2023 Thu Practice N/A 3:15 5:00 PM PM PM TBD Mar 24, 2023 Fri Practice N/A 3:15 5:00 PM PM PM TBD Mar 27, 2023 Mon Practice N/A 3:30 FM PM PM PM PM TBD Mar 28, 2023 Tue Practice N/A 3:30 FM PM	Mar 16, 2023	Thu	Practice	N/A			Central		Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30	
Mar 21, 2023 Wed Practice N/A PM P	Mar 20, 2023	Mon	Practice	N/A			Central		3:10 PM Return Date: Return Time: 5:30	
Mar 23, 2023 Wed Practice N/A PM TBD Mar 23, 2023 Thu Practice N/A 3:15 5:00 PM PM PM PM PM PM PM PM TBD Mar 24, 2023 Fri Practice N/A 3:35 5:00 PM	Mar 21, 2023	Tue	Practice	N/A			TBD			
Mar 24, 2023 Fri Practice N/A PM PM PM TBD Mar 24, 2023 Fri Practice N/A 3:15 5:00 PM TBD Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM Mar 28, 2023 Tue Practice N/A 3:30 5:00 PM Laurens Central School Bus/Driver: Milford Departure Point: Gym Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 3:10 PM Return Date: Return Date: Return Time: 5:30 PM Mar 29, 2023 Wed Practice N/A 3:15 5:00 PM TBD Mor 20, 2023 Thu Practice N/A 3:15 5:00 TRD TDD	Mar 22, 2023	Wed	Practice	N/A			TBD			
Mar 27, 2023 Mon Practice N/A 3:30 5:00 Laurens Central School PM	Mar 23, 2023	Thu	Practice	N/A			TBD			
Mar 27, 2023 Mon Practice N/A 3:30 5:00 Central School PM Feature Time: 3:10 PM Return Date: Return Time: 5:30 PM Departure Point: Gym Departure Point: Gym Departure Point: Gym Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM School PM Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM Return Date: Return Time: 5:30 PM PM PM TBD	Mar 24, 2023	Fri	Practice	N/A			TBD			
Mar 28, 2023 Tue Practice N/A 3:30 5:00 PM PM PM School Bus/Driver: Gym Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30 PM Mar 29, 2023 Wed Practice N/A 3:15 5:00 TBD	Mar 27, 2023	Mon	Practice	N/A			Central		Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30	
Mar 29, 2023 Wed Practice N/A PM PM IBD Mar 30, 2023 Thu Practice N/A 3:15 5:00 TBD	Mar 28, 2023	Tue	Practice	N/A			Central		Departure Point: Gym Departure Time: 3:10 PM Return Date: Return Time: 5:30	
	Mar 29, 2023	Wed	Practice	N/A			TBD			
	Mar 30, 2023	Thu	Practice	N/A			TBD			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Mar 31, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	TBD	
Apr 4, 2023	Tue	Practice	N/A	10:00 AM	12:00 PM	Milford School	
Apr 6, 2023	Thu	Practice	N/A	10:00 AM	12:00 PM	Milford School	
Apr 10, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	
Apr 14, 2023	Fri	Regular Season	Schenevus (Schenevus/Worcester), Worcester @ Gilbertsville-Mount Upton	4:30 PM	6:00 PM	G-MU - Track	L
Apr 14, 2023	Fri	Regular Season	TBD	4:30 PM		Milford School	L
Apr 17, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	
Apr 18, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School	
Apr 19, 2023	Wed	Regular Season	TBD	4:30 PM		Milford School	L
Apr 19, 2023	Wed	Regular Season	TBD	4:30 PM		Milford School	L
Apr 20, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School	
Apr 21, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School	
Apr 22, 2023	Sat	Regular Season (Quinney Invite)	Harpursville (Afton/Harpur), Schenevus (Schenevus/Worcester), Oxford (Greene/Oxford), Unadilla Valley (UV), Deposit (Deposit- Hancock), Bainbridge Guilford, Delaware Academy, Edmeston (Morris/Edmeston), Walton, Chenango Valley, Norwich, Oneonta, Newark Valley, Unatego, Greene (Greene/Oxford), Whitney Point, Cooperstown @ Sidney	10:00 AM	5:00	Sidney HS Track	NL
Apr 24, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	
Apr 25, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School	
Apr 26, 2023	Wed	Regular Season	Richfield Springs (Richfield/ODY)	4:30 PM		School	L
Apr 27, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School	
Apr 28, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 1, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 2, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 4, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School	

DATE	WEEK	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
May 5, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 8, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 8, 2023	Mon	Regular Season (Tri- Valley Relays)	Edmeston (Morris/Edmeston), Richfield Springs (Richfield/ODY), Franklin, Charlotte Valley, South Kortright, Andes, Stamford, TBD @ Gilbertsville-Mount Upton	4:30 PM	6:00 PM	G-MU - Track	L
May 9, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 10, 2023	Wed	Regular Season (Harbaugh Invitational)	Edmeston (Morris/Edmeston), Stamford, Franklin, Unatego, Harpursville (Afton/Harpur), Unadilla Valley (UV), Deposit (Deposit-Hancock), South Kortright, Charlotte Valley, Cherry Valley-Springfield (CVS-SS), Bainbridge Guilford, Schenevus (Schenevus/Worcester) @ Delaware Academy	4:00 PM		Track and Field Complex	NL
May 11, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 15, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 16, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 17, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 18, 2023	Thu	Regular Season (Tri- Valley Championship)	Worcester, Cherry Valley-Springfield (CVS-SS), Franklin, Charlotte Valley, Stamford, Richfield Springs (Richfield/ODY), Edmeston (Morris/Edmeston) @ TBD	4:30 PM		TBD	L
May 19, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 22, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Milford School	
May 23, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Milford School	

Date: 2024-05-13