



# Milford

## (G) V Outdoor Track (Laurens/Milford)

### Coaches:

- Alexis Kane
- Omar Nelson

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Mar 13, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:10 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
CANCELLED Mar 14, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:10 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Mar 15, 2023	Wed	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:10 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Mar 16, 2023	Thu	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:10 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Mar 20, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Laurens Central School		<b>Departure Time:</b> 3:10 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Mar 21, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	TBD			
Mar 22, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	TBD			
Mar 23, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD			
Mar 24, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	TBD			
Mar 27, 2023	Mon	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:10 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Mar 28, 2023	Tue	Practice	N/A	3:30 PM	5:00 PM	Laurens Central School	<b>Bus/Driver:</b> Milford	<b>Departure Point:</b> Gym <b>Departure Time:</b> 3:10 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Mar 29, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	TBD			
Mar 30, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD			

DATE	WEEK DAY	TYPE	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)	Harpurville (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		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		Milford 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 DAY	TYPE	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