



Milford

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

Coaches:

- Alexis Kane
- Omar Nelson

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	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	@ TBD	4:30 PM		Cherry Valley-Springfield School		L
Apr 23, 2024	Tue	Practice (Practice)	N/A	3:05 PM	5:15 PM	Milford School		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	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 Modified Meet)	Cherry Valley-Springfield (CVS-SS), Edmeston (Morris/Edmeston), Morris (Morris/Edmeston), Laurens (Laurens/Milford), Richfield Springs (Richfield/ODY), Sharon Springs (SS-CVS), Charlotte Valley, 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		

Date: 2024-05-03