



Hamilton

(G) V Cross Country

Coaches:

- Astrid Helfant

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 21, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	TBD			
Aug 22, 2023	Tue	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 22, 2023	Tue	Practice	N/A	9:00 AM	11:00 AM	TBD			
Aug 23, 2023	Wed	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 23, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	TBD			
Aug 24, 2023	Thu	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 24, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	TBD			
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 25, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	TBD			
Aug 26, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	TBD			
Aug 28, 2023	Mon	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 28, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD			
Aug 29, 2023	Tue	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 29, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD			
Aug 30, 2023	Wed	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 30, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	TBD			
Aug 31, 2023	Thu	Practice	N/A	8:00 AM	9:30 AM	TBD			
Aug 31, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD			
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	9:30 AM	TBD			
Sep 5, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD			
Sep 6, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD			
Sep 7, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD			
Sep 13, 2023	Wed	Regular Season	Herkimer, New York Mills, Sherburne-Earlville @ Poland	4:30 PM		Poland J/S HS			L
Sep 21, 2023	Thu	Regular Season	West Canada Valley, Waterville, Sherburne-Earlville @ Adirondack	4:30 PM		Adirondack HS	Class Dismissal: 2:10 PM	Departure Time: 2:15 PM	L

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Sep 27, 2023	Wed	Regular Season	Canastota, Dolgeville, Sherburne-Earlville, Remsen (Remsen/Town of Webb) @ Little Falls	4:30 PM		Little Falls HS			L
Oct 4, 2023	Wed	Regular Season	Sherburne-Earlville, Westmoreland, Oriskany, Cooperstown, Owen D. Young (Richfield/ODY)	4:30 PM		Colgate Cross Coutry trails			L
Oct 11, 2023	Wed	Regular Season (Senior Night)	Clinton, Mount Markham, Sauquoit Valley @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS			L

Date: 2023-12-06