



# Hamilton

## (G) V Cross Country

### Coaches:

- Astrid Helfant, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 26, 2024	Mon	Practice	N/A	8:00 AM	9:30 AM	TBD		
Aug 27, 2024	Tue	Practice	N/A	8:00 AM	9:30 AM	TBD		
Aug 28, 2024	Wed	Practice	N/A	8:00 AM	9:30 AM	TBD		
Aug 29, 2024	Thu	Practice	N/A	8:00 AM	9:30 AM	TBD		
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	9:30 AM	TBD		
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational )	Clinton, Whitesboro, Mount Markham, Dolgeville, Notre Dame, Utica, Unadilla Valley (UV/GMU), Central Valley Academy, Utica Proctor, Rome Free Academy @ New Hartford	9:00 AM		Cross Country Course (Perry JH)	Departure Time: 7:30 AM	NL
Sep 18, 2024	Wed	Regular Season	Adirondack, Sherburne-Earlville, Herkimer, West Canada Valley	4:30 PM		Colgate Cross Coutry trails		L
Sep 25, 2024	Wed	Regular Season	Sherburne-Earlville, Poland, New York Mills @ Westmoreland	4:30 PM		Baseball Field		L
Oct 2, 2024	Wed	Regular Season (Senior Night)	Canastota, Little Falls, Waterville @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS		L
Oct 9, 2024	Wed	Regular Season	Sherburne-Earlville, Cooperstown, Mount Markham, Remsen @ Clinton	4:30 PM		Kirkland Town Park		L
Oct 16, 2024	Wed	Regular Season	Dolgeville, Sauquoit Valley @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS		L
Oct 26, 2024	Sat	Post-Season (Center State Conference Championships)	Clinton, Canastota, Poland, Adirondack, Sherburne-Earlville, Herkimer, West Canada Valley, Mount Markham, Dolgeville, Little Falls, New York Mills, Remsen, Sauquoit Valley, Waterville @ Westmoreland	11:15 AM		Westmoreland H S		L

Date: 2025-12-17