



Hamilton

(G) V Cross Country

Coaches:

- Astrid Helfant, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 18, 2025	Mon	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	9:30 AM	Hamilton J/SHS			
Aug 19, 2025	Tue	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	9:30 AM	Hamilton J/SHS			
Aug 20, 2025	Wed	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	9:30 AM	Hamilton J/SHS			
Aug 21, 2025	Thu	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	9:30 AM	Hamilton J/SHS			
Aug 22, 2025	Fri	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	9:30 AM	Hamilton J/SHS			
Aug 25, 2025	Mon	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	9:30 AM	Hamilton J/SHS			
Aug 26, 2025	Tue	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	10:00 AM	Hamilton J/SHS			
Aug 27, 2025	Wed	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	10:00 AM	Hamilton J/SHS			
Aug 28, 2025	Thu	Practice (VARSITY Cross Country Practice)	N/A	8:00 AM	10:00 AM	Hamilton J/SHS			
Aug 29, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	Hamilton J/SHS			
Sep 2, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Hamilton J/SHS			
Sep 3, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Hamilton J/SHS			
Sep 4, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Hamilton J/SHS			
Sep 5, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	Hamilton J/SHS			

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Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica Proctor, Auburn, Camden, Weedsport, Fayetteville- Manlius, Chittenango, Canastota, South Lewis, Jamesville- Dewitt, Cicero- North Syracuse, Onondaga Central, Jordan- Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius- Pompey, Vernon-Verona- Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM		Mount Markham HS			NL
Sep 10, 2025	Wed	Regular Season (Senior Night)	Sherburne- Earlville, Canastota, Poland, Adirondack	4:30 PM		Colgate Cross Coutry trails			L
Sep 17, 2025	Wed	Regular Season	Sherburne- Earlville, Clinton, Westmoreland @ Cooperstown	4:30 PM		Clarks Tower	Class Dismissal: 2:20 PM	Departure Time: 2:30 PM	L
Sep 27, 2025	Sat	Regular Season (E.J. Hermann Invitational)	@ Utica Proctor	8:00 AM		Proctor Park			L
Oct 1, 2025	Wed	Regular Season	West Canada Valley, Sherburne- Earlville, Waterville, Town of Webb UFSD @ Remsen	4:30 PM	6:30 PM	Remsen Jr/Sr H.S.		Departure Time: 3:30 PM	L

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Oct 8, 2025	Wed	Regular Season (Senior Night)	Little Falls, Herkimer, Dolgeville @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS	Departure Time: 3:30 PM		L
Oct 11, 2025	Sat	Regular Season (Caughlin Invitational)	Indian River, Altmar-Parish-Williamstown (APW Rebels), New York Mills, Utica Proctor, Town of Webb UFSD, Mexico, Mount Markham, Clinton, Oswego, Sandy Creek @ Rome Free Academy	9:00 AM	11:00 AM	RFA Cross Country Course			NL
Oct 15, 2025	Wed	Regular Season	Sherburne-Earlville, New York Mills, Mount Markham, Owen D. Young (Richfield/ODY) @ Sauquoit Valley	4:30 PM		Town Park	Departure Time: 3:00 PM		L
Oct 25, 2025	Sat	Regular Season (Center State Conference Championship)	Canastota, Clinton, Sherburne-Earlville, Herkimer, Mount Markham, Little Falls, Adirondack, Westmoreland, Waterville, Dolgeville, Poland, Remsen, New York Mills, West Canada Valley, Owen D. Young (Richfield/ODY), Cooperstown, Town of Webb UFSD @ Sauquoit Valley	10:00 AM		Town Park	Departure Time: 9:00 AM		L
Nov 1, 2025	Sat	Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitational)	Indian River, Pulaski, McQuaid Jesuit, Notre Dame, Utica, Vernon-Verona-Sherrill, DeRuyter, Clinton, West Canada Valley, Watertown @ Adirondack	9:00 AM		Adirondack HS			L
TBD		Practice	N/A	8:00 AM	10:00 AM	TBD			