



Hamilton

(B) V Cross Country

Coaches:

- Astrid Helfant, 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, Utica Proctor, Central Valley Academy, Unadilla Valley (UV/GMU), 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 Country trails		L
Sep 25, 2024	Wed	Regular Season (senior night)	Sherburne-Earlville, Poland, New York Mills @ Westmoreland	4:30 PM		Westmoreland H S		L
Oct 2, 2024	Wed	Regular Season	Canastota, Little Falls, Waterville @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS		L
Oct 9, 2024	Wed	Regular Season	Sherburne-Earlville, Cooperstown (Cooperstown/Milford), Mount Markham, Remsen (Remsen) @ Clinton	4:30 PM		Kirkland Town Park		L
Oct 16, 2024	Wed	Regular Season (Senior Night)	Dolgeville, Sauquoit Valley @ Sherburne-Earlville	4:30 PM		Sherburne-Earlville HS		L
Oct 26, 2024	Sat	Regular Season (Center State Conference Championships)	Adirondack, Canastota, Clinton, Sherburne-Earlville, Mount Markham, Little Falls, Waterville, Sauquoit Valley, Cooperstown (Cooperstown/Milford), Herkimer, Dolgeville, Poland, Town of Webb UFSD (Town of Webb), New York Mills, West Canada Valley @ Westmoreland	12:00 PM		Westmoreland H S		L

Date: 2025-12-05