



Hamilton

(B) V Cross Country

Coaches:

- Astrid Helfant, 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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Central Valley Academy, Remsen (Remsen), Utica Proctor, Camden, New Hartford, Westmoreland, Notre Dame, Utica, Holland Patent, Waterville, Clinton, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Weedsport, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Fabius-Pompey, Canastota, Vernon-Verona-Sherrill, Cazenovia, Whitesboro, DeRuyter, Baldwinsville, Indian River, Liverpool, Onondaga Central, Phoenix, West Genesee, Auburn, Central Square, Tully @ Mount Markham	8:00 AM		HS Track			L
Sep 10, 2025	Wed	Regular Season (Senior Night)	Sherburne-Earlville, Canastota, Poland, Adirondack	4:30 PM		Colgate Cross Country trails			L
Sep 17, 2025	Wed	Regular Season	Sherburne-Earlville, Clinton, Westmoreland @ Cooperstown (Cooperstown/Milford)	4:00 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 (Town of Webb) @ Remsen (Remsen)	4:30 PM		Remsen Jr/Sr H.S.		Departure Time: 3:30 PM	L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	10:40 AM		Deerfield Town Wilderness Park			NL
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)	Altmar-Parish-Williamstown (APW Rebels), New York Mills, Utica Proctor, Town of Webb UFSD (Town of Webb), Mexico, Mount Markham, Clinton, Oswego, Sandy Creek @ Rome Free Academy	9:00 AM		RFA Cross Country Course			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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, Cooperstown (Cooperstown/Milford), Dolgeville, Poland, Remsen (Remsen), New York Mills, West Canada Valley, Owen D. Young (Richfield/ODY), Town of Webb UFSD (Town of Webb) @ 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			NL

Date: 2025-12-05