



# Hamilton

## (G) MOD7/8/9 Cross Country

### Coaches:

- Astrid Helfant

| DATE         | WEEK DAY | TYPE           | OPPONENTS  | START TIME | END TIME | LOCATION                     | DEPARTURE                       | TRANSPORTATION                 | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|--|------------|----------|------------------------------|---------------------------------|--------------------------------|---------------------|
| Sep 13, 2023 | Wed      | Regular Season | New York Mills, Sherburne-Earlville, Herkimer @ Poland   | 4:30 PM    |          | Poland J/S HS                |                                 |                                | L                   |
| Sep 21, 2023 | Thu      | Regular Season | Waterville, West Canada Valley, Sherburne-Earlville @ Adirondack                                   | 4:30 PM    |          | Adirondack HS                | <b>Class Dismissal:</b> 2:10 PM | <b>Departure Time:</b> 2:15 PM | L                   |
| Sep 27, 2023 | Wed      | Regular Season | Dolgeville, Sherburne-Earlville, Canastota, 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 (Modified), Owen D. Young (Richfield/ODY) | 4:30 PM    |          | Colgate Cross Country trails |                                 |                                | L                   |
| Oct 11, 2023 | Wed      | Regular Season | Sauquoit Valley, Clinton, Mount Markham @ Sherburne-Earlville                                      | 4:30 PM    |          | Sherburne-Earlville HS       |                                 |                                | L                   |

Date: 2024-04-20