



Hamilton

(B) 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 18, 2024 | Wed | Regular Season | Adirondack, Sherburne-Earlville, Herkimer, West Canada Valley | 4:30 PM | | Colgate Cross Coutry trails | | L |

Date: 2024-09-14