

## Coaches:

- Rodney Stickles
- Katharine Curtis

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Aug 26, 2019	Mon	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Chatham HS)	
Aug 27, 2019	Tue	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Chatham HS)	
Aug 28, 2019	Wed	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Chatham HS)	
Aug 29, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Chatham HS)	
Aug 30, 2019	Fri	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Chatham HS)	
Sep 3, 2019	Tue	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Sep 4, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Sep 5, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Sep 6, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Sep 9, 2019	Mon	Practice	N/A	3:45 PM	5:00 PM	Cross Country Course (Chatham HS)	
Sep 10, 2019	Tue	Regular Season	Maple Hill, Rensselaer	4:15 PM	6:00 PM	Cross Country Course (Chatham HS)	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 11, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 12, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 13, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 16, 2019	Mon	Practice	N/A	3:45 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 17, 2019	Tue	Regular Season	Hawthorne Valley @ Greenville	4:15 PM		TBD		L
Sep 18, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 19, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 20, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 23, 2019	Mon	Practice	N/A	3:45 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 24, 2019	Tue	Regular Season	Catskill @ Hudson	4:15 PM		HS Cross Country Course		L
Sep 25, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 26, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Sep 27, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		

DATE	WEEK DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	TEND TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Sep 30, 2019	Mon	Practice	N/A	3:45 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 1, 2019	Tue	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 3, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 4, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 7, 2019	Mon	Practice	N/A	3:45 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 8, 2019	Tue	Regular Season	Windham-Ashland- Jewitt, TBD	4:15 PM		Cross Country Course (Chatham HS)	L
Oct 9, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 10, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 11, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 15, 2019	Tue	Regular Season	TBD, Hunter- Tannersville, Cairo- Durham	4:15 PM		Cross Country Course (Chatham HS)	L
Oct 16, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 17, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	
Oct 18, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)	

DATE	WEE! DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 21, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course (Chatham HS)		
Oct 21, 2019	Mon	Practice	N/A	3:45 PM	5:00 PM	Cross Country Course (Chatham HS)		
Oct 22, 2019	Tue	Regular Season (Patroon Conference Championships at Schodack Island State Park)	Hawthorne Valley, Hudson, TBD, TBD, Catskill, Hunter- Tannersville, Greenville, Windham-Ashland- Jewitt, Cairo- Durham, Rensselaer @ Maple Hill	4:15 PM	6:00 PM	Schodack Island State Park		L

Date: 2026-01-05