



Carmel

(G) 7/8TH Cross Country

Coaches:

- Dana Schwark

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|--|------------|----------|-----------------------------|----------------|---------------------|
| Sep 20, 2023 | Wed | Regular Season | John Jay HS/ Van Wyck JHS (Van Wyck Girls/Boys Cross Country) @ Pawling | 4:45 PM | | Pawling HS | | L |
| Oct 4, 2023 | Wed | Regular Season | Roy C Ketcham/ Wappingers JHS (Wappingers Junior High) @ Arlington (LaGrange Girls Cross Country) | 4:45 PM | 6:45 PM | LaGrange MS | | L |
| Oct 11, 2023 | Wed | Regular Season | Poughkeepsie, Arlington (Union Vale Girls Cross Country) @ Roy C Ketcham/ Wappingers JHS (Wappingers Junior High) | 4:45 PM | 6:45 PM | Wappingers Junior High | | L |
| Oct 18, 2023 | Wed | Regular Season | Roy C Ketcham/ Wappingers JHS (Wappingers Junior High) @ John Jay HS/ Van Wyck JHS (Van Wyck Girls/Boys Cross Country) | 4:45 PM | | Van Wyck Junior High School | | L |

Date: 2024-05-20