



# Carmel

## (B) V Cross Country

### Coaches:

- Harold Cargain

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 5, 2023	Tue	Regular Season	Mahopac, Poughkeepsie @ Arlington	4:30 PM		Bowdoin Park		L
Sep 12, 2023	Tue	Regular Season (Mega Duel-Meet)	John Jay HS/ Van Wyck JHS, Mahopac, Poughkeepsie, Roy C Ketcham/ Wappingers JHS @ Arlington	4:15 PM		bowdoin park		L
Oct 10, 2023	Tue	Regular Season	Roy C Ketcham/ Wappingers JHS, John Jay HS/ Van Wyck JHS, Mahopac, Poughkeepsie @ Arlington	4:15 PM	6:30 PM	bowdoin park		L

Date: 2026-01-10