



Carmel

(B) 7/8TH Cross Country

Coaches:

- Jamie Cargain

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 JHS) @ Pawling	4:45 PM		Pawling HS		L
Oct 4, 2023	Wed	Regular Season	Roy C Ketcham/ Wappingers JHS (Wappingers Junior High) @ Arlington (LaGrange Boys Cross Country)	4:45 PM	6:45 PM	LaGrange MS		L
Oct 11, 2023	Wed	Regular Season	Poughkeepsie, Arlington (LaGrange Boys 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 JHS)	4:45 PM		TBD		L

Date: 2026-02-19