

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 3, 2019	Tue	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 4, 2019	Wed	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 5, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 6, 2019	Fri	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 9, 2019	Mon	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 10, 2019	Tue	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 11, 2019	Wed	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 12, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 13, 2019	Fri	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 16, 2019	Mon	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 17, 2019	Tue	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 17, 2019	Tue	Regular Season (Van Cortland Park Bronx, NY)	@ Mount Vernon	4:15 PM		Van Cortlandt Park		L
Sep 18, 2019	Wed	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 19, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 20, 2019	Fri	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 21, 2019	Sat	Regular Season	@ Suffern	8:00 AM		Bear Mountain State Park		NL
Sep 23, 2019	Mon	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 24, 2019	Tue	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 25, 2019	Wed	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 26, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 27, 2019	Fri	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Sep 28, 2019	Sat	Regular Season (Fred Gressler Inv)	@ White Plains	8:00 AM		White Plains HS		NL
Sep 30, 2019	Mon	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 1, 2019	Tue	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 2, 2019	Wed	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Mamaroneck HS		
Oct 3, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 4, 2019	Fri	Regular Season (Scarsdale Inv)	@ Scarsdale	3:30 PM		Croton Point Park		NL
Oct 7, 2019	Mon	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 8, 2019	Tue	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 10, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 11, 2019	Fri	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 12, 2019	Sat	Regular Season (Bob Cat Run)	@ Byram Hills	10:00 AM		Byram Hills HS		L
Oct 12, 2019	Sat	Regular Season (Manhattan Inv)	TBD	TBD		Van Cortlandt Park		L
Oct 14, 2019	Mon	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 15, 2019	Tue	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 16, 2019	Wed	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 17, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 18, 2019	Fri	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 19, 2019	Sat	Regular Season (Section 1 Coaches)	TBD	11:00 AM		Bowdoin Park		L
Oct 21, 2019	Mon	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 22, 2019	Tue	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 23, 2019	Wed	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 24, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 25, 2019	Fri	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 26, 2019	Sat	Regular Season (Westchester County)	TBD	TBD		Croton Point Park		L
Oct 28, 2019	Mon	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 29, 2019	Tue	Regular Season (League Meet @ Van Cortland Park)	TBD	4:00 PM		TBD		L
Oct 29, 2019	Tue	Meet (League Championship)	Vs. Multiple	4:15 PM		Van Cortland Park, Bronx, NY		NL
Oct 30, 2019	Wed	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Oct 31, 2019	Thu	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Nov 1, 2019	Fri	Practice (Cross Country Practice)	N/A	3:30 PM	5:00 PM	Harbor Island		
Nov 9, 2019	Sat	Regular Season (Section State Qual.)	TBD	TBD		Bowdoin Park		L

Date: 2024-05-16