



Roy C Ketcham/ Wappingers JHS

(G) V Cross Country

Coaches:

- Charlie Ropes

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Warwick Valley Big Purple Wave Mania)	TBD	8:40 AM		Sandfordville ES	Departure Point: 1 bus boys and girls travel together to Sandfordville ES Departure Time: 6:45 AM Return Date: Return Time: 6:00 PM	L
Sep 10, 2024	Tue	Regular Season	Arlington, Brewster, Carmel, Lakeland, Walter Panas, Mahopac, Poughkeepsie @ John Jay HS/ Van Wyck JHS	4:30 PM		Bowdoin Park	Departure Point: One way shuttle Departure Time: 3:30 PM	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Ballston Spa High School, Waterville, Auburn, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Point: RCK will not need a bus/ self transporting	NL
Sep 15, 2024	Sun	Regular Season (Dutchess Classic Water Stop)	TBD	6:30 AM		TBD	Departure Point: No bus needed	L
Sep 28, 2024	Sat	Regular Season (The 17th Annual Bowdoin Park Cross Country Classic)	@ TBD	10:00 AM		bowdoin park	Departure Point: No bus needed	L
Oct 8, 2024	Tue	Regular Season	Arlington, Brewster, Carmel, John Jay HS/ Van Wyck JHS, Lakeland, Walter Panas, Mahopac, Poughkeepsie	4:30 PM		bowdoin park	Departure Point: One way shuttle Departure Time: 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invite)	TBD	9:00 AM		saratoga state park	Departure Point: 1 bus boys and girls travel together to Saratoga State Park Departure Time: 5:45 AM Return Date: Return Time: 7:00 PM	L
Oct 19, 2024	Sat	Regular Season (37th Annual Westchester Rockland Dutchess Putnam Track & Field Coaches Association Cross Country Invitational)	@ Woodlands HS	10:00 AM		Woodlands HS	Departure Point: 1 bus boys and girls travel together to Woodlands HS Departure Time: 8:00 AM Return Date: Return Time: 7:00 PM	L
Oct 26, 2024	Sat	Regular Season (Section 1 Northern Counties)	@ Arlington	9:00 AM		TBD	Departure Point: 1 bus boys and girls travel together to Milton Dome Departure Time: 6:30 AM Return Date: Return Time: 1:00 PM	L
Nov 9, 2024	Sat	Regular Season (Section 1 Championships)	TBD	10:00 AM		bowdoin park	Departure Point: No bus needed Departure Time: 10:00 AM	L
Nov 16, 2024	Sat	Post-Season (States)	Whitesboro, Lake George, South Lewis, Oswego, Auburn @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School		NL
Nov 23, 2024	Sat	Regular Season (Federation Meet)	TBD	12:15 PM		bowdoin park	Departure Point: No bus needed	L
Nov 30, 2024	Sat	Regular Season (Nike XC Regionals)	TBD	9:00 AM		bowdoin park	Departure Point: No bus needed	L

Date: 2025-12-19